

ME'EVER LANAHAR

Israel

Pronunciation: meh-eh-VEHR lah-nah-HAHR

Translation: Across the River

Dance: Eliyahu Gamliel ← Record: DANCE WITH

Meter: 4/4

Formation: Short lines in shoulder hold (LP) YE 1004

MEAS    CTS    DESCRIPTION

BEG. W/8 <sup>NO BENDS</sup> Part A (Lines in ~~shoulder~~ hold)

SIDE A, BAND 4  
"CARAVAN HOLD" (LIKE W BUT  
L ABOVE L SHOULDR  
R EXTENDED FWD)

- 1    1-2    2 steps fwd R,L in LOD
- 3-4    Two-step R to R
- 2    1-2    2 steps fwd L,R
- 3-4    Fast bwd Yemenite L
- 3-4   1-8    Repeat meas 1-2, Part A

Part B (Low "V" hand hold, facing ctr)

- 1    1    Step R <sup>swd</sup> fwd while bending body fwd and arms down
- 2    Cross L over R while body straightens and arms come up
- 3-4    Repeat cts 1-2, meas 1, Part B
- 2    1-2    Fast Yemenite R with hop
- 3    Step L to L and cross R over L
- 4    Hop on R and step L to L
- 3-4   1-8    Repeat meas 1-2, Part B

HEAD HIGH

Part C (Face ctr)

BRING HANDS SHARPLY DOWN TO  
LOW V HAND HOLD (ct 4)

- 1    1-2    12 steps fwd R,L
- 3-4    Two-step R fwd while raising arms
- 2    1    Step L to L
- 2    Cross R over L
- 3-4    Two-step L to L
- 3    1-2    2 steps bwd R,L
- 3-4    Two-step R bwd while lowering arms
- 4    1    Step L to L while turning 1/2 to R (CW)
- 2    Close R to L NO WT BENDING KNEES

Part D (Ending)

- 1    Step-hop (strong step) fwd while turning 1/2 to R (CW) and lifting L fwd
- 2    Step L to L and close R to L NO WT
- 3-4   Repeat cts 1-2, Part D, opp ftwk, OPP DIR
- 5-7   2 steps R,L while turning 1/2 to R, progressing in LOD (CCW)

TO FACE LOD

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HOLD TOUCH R NEAT TO L

Presented by Ya'akov Eden