

MEKHOL HAMITPAKHAT

Choreographer: Bentzi Tiram  
Tune: Folk Song  
Group Formation: Line, moving to R  
Structure of Dance: Two parts, Part 2 divided into 3 sections and a transitional section

Counts

Description

Part 1: Dancers one behind the other moving in LOD  
1-4 2 step-bend fwd beg. with L ft.  
5-6 Step with L ft. next to R ft. and bend R knee  
7-8 Repeat counts 5-6  
9-10 Step with L to L side and bend knees  
11-12 Close with R ft. next to L ft., and bend knees  
13-16 Repeat counts 9-12 with opposite feet and direction  
17-28 Repeat counts 1-12  
29-32 Repeat 13-16, turning 1/4 turn on count 29 on R ft. to face front

Part 2

Section A: face front, all steps are done with knee bends  
1-2 Step bend on L fwd  
3-4 Cross bend with R in front of L  
5-6 Step-bend on L bwd  
7-8 Close R ft to L ft leaving weight on L ft, bend knees  
9-16 Reverse steps and direction of counts 1-8, beg with R ft

Section B: Face LOD diagonally  
1-2 Put L heel fwd and step on L ft in place  
3-4 Close R ft to L ft and hold  
5-8 Repeat counts 1-4  
9-10 Jump on both feet turning slightly to L and hold  
11-12 Repeat counts 9-10 to R side  
13 Jump on R ft  
14-15 2 stamps with L next to R ft  
16 Hold  
17-32 Repeat 1-16

Section C: Face LOD, move to L side  
1 Step on L heel moving diagonally to L side  
2 Close with R ft behind L heel  
3-6 Repeat counts 1-2, two more times (3 in all)  
7-8 Stamp with L ft fwd and hold  
9-10 Stamp with L diagonally bwd to L side, and bend R knee  
11-12 Stamp with L ft fwd in front of R ft, and hold  
13-16 Repeat counts 9-12  
17-24 4 step-bends bwd beg with L ft (facing front)

Repeat Sections A, B, C of Part 2 one more time

(cont.)

MEKHOL HAMITPAKHAT (continued)

<u>Counts</u>	<u>Description</u>
	<u>Transitional Section:</u>
1-8	Repeat Part 2, Section B, counts 9-16
9-16	Repeat counts 1-8, end up facing LOD to begin the dance

*BLOE STAR CAMP 1979*

SIMAN SHE'ATA TZAIR

(It's a Sign That You Are Young)

Choreographer: Eliyahu Gamliel  
Music: Folk Tune  
Group Formation: Dancers are scattered, all facing same front  
Structure of Dance: Two parts; part 1 divided into 3 sections, part 2 divided into 4 sections; the dance is repeated each time beginning to a new front

<u>Counts</u>	<u>Description</u>
	<u>Part 1:</u>
	<u>Section A and B:</u> Facing first front
1-4	3 steps bwd R,L,R stamp and release L ft in place
5-8	3 steps fwd L,R,L, stamp and release R ft in place
9-12	4 "Charleston steps" moving <u>bwd</u> , beg with R ft crossing in back of L ft, etc.
	<u>Section C:</u> Facing first front
1-8	With 4 wide "two-step" (R,L,R; L,R,L; R,L,R; L,R,L) each one makes a complete circle moving CW
9-10	Stamp with R ft fwd turning R shoulder fwd, stretching R arm in a sharp and short (Karate) movement fwd, hold
11-12	Same movement as in counts 9-10, moving R ft and R shoulder bwd, and hold
13	Step on R ft fwd
14	Turn on L ft 1/2 a turn CCW, ending with face in opposite direction
15-16	Repeat counts 13-14, beg facing new front, ending facing the first front
	<u>Part 2:</u> 4 identical phrases done to 4 different fronts
	<u>Section A:</u> Facing first front
1 and	Leap on R to R side, stamp with L beside R, both knees are bent, and clap hands
2	Open quickly with L ft to L side (accented) with a clap
3	Quick skip on R ft fwd
4	Step on L ft fwd
	<u>Section B:</u> Facing a new front (90° CCW from first front)
5-8	Repeat counts 1-4 in Section A, beg with a 1/4 turn CCW on count 5 (leap on R ft)

(cont.)