

MECHOL HASHABAT
Israeli Circle Dance

Translation: Sabbath Dance
 Dance: Ya'akov Levi
 Record: CBS 62947 The Parvarim
 Song: Ki Eshmerah
 Basic Steps: Sway, Walk
 Formation: Circle in a simple hold
 Meter: 2/4

<u>Measure</u>	<u>Counts</u>	<u>Description</u>
<u>Part A</u>		
1	1-2	2 sways: R, L
2	1-2	Cross R over L and hold
3	1-2	Touch R to R and hold
4	1	Cross R over L
	2	Step L in place
5	1	Step R to R
	2	Cross L over R
6	1-2	Step R to R and hold
7	1-2	Close L to R and hold
8-28		Repeat meas. 1-7, Part A 3 more times
<u>Part B - no hand hold</u>		
1	1-2	Step R to R and hold while snapping fingers
2	1-2	Step L to L and hold while snapping fingers
3	1	Sway back with R
	2	Sway forward with L
4	1-2	Step R forward while turning hips CCW
5	1-2	Step with L while turning half way around (CCW)
6	1-2	Close R to L and hold
7	1-2	Snap fingers and hold
8-14		Repeat meas. 1-7, Part B
		Note: At the end, end up facing center to start dance from beginning.

Presented by Ya'akov Eden