

# MECHOL HASHABAT

Israel

This dance was presented at the 1976 Idyllwild Folk Dance Camp by Ya'akov Eden.

TRANSLATION: Sabbath dance

CHOREOGRAPHER: Ya'akov Levy

RECORD: Dances in the Garden of Eden, (LP) YE 1001

FORMATION: Closed circle facing ctr with hands joined and down.

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METER: 2/4

PATTERN

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Meas.

**INTRODUCTION:** Beg with vocal

**FIG I:**

- 1 In slight stride pos, rock R,L.
- 2 Touch R across L (ct 1); hold (ct 2).
- 3 Touch R diag R fwd (ct 1); hold (ct 2).
- 4 Step R in front of L, leave L in place (ct 1); step L back to place (ct 2).
- 5 Step R to R (ct 1); step L in front of R (ct 2).
- 6 Step R to R (ct 1); hold (ct 2).
- 7 Close L to R (ct 1); hold (ct 2).
- 8-28 Repeat meas 1-7, 3 more times (4 in all).

**FIG. II:** (No hand hold)

- 1 Step R to R, leave L in place (ct 1); snap fingers at shldr ht (ct 2).
- 2 Rock to L (ct 1); snap fingers at shldr ht (ct 2).
- 3 Rock R,L.
- 4 Step R fwd, leaving L in place (ct 1); begin to pivot on R 1/2 CCW (L) (ct 2). Arm - L arm free by side, R hand beg to make a horizontal "S" (cts 1-2).
- 5 Step L in place where it was, completing the 1/2 pivot CCW (L) - L arm is still by side, R hand completes horizontal "S" (cts 1); hold (ct 2).
- 6 Facing ctr - close R to L - arms beg to move in front of body (ct 1); hold (ct 2).
- 7 Bend knees - snap fingers with hands crossed in front of chest (ct 1); hold (ct 2). Eveyone ends with back to ctr.
- 8-14 Repeat meas 1-7 facing out. End facing ctr.

Repeat from beg to end of music.

MUSIC: In different recordings there is a musical interlude, so do Fig I, two extra times, a total of 6 times.