

MEKHOL HAMITPAKHAT
(Israel)

This line dance is done to a folk song. It was choreographed by Bentzi Tiram.

Pronunciation:

Record: Blue Star 79

Formation: Line, moving to R.

Cts

Pattern

- Part 1. Dancers one behind the other moving in LOD.
- 1-4 Two step-bend fwd beginning with L ft.
5-6 Step with L ft next to R and bend R knee.
7-8 Repeat action of cts 5-6.
9-10 Step with L to L side and bend knees.
11-12 Close with R next to L and bend knees.
13-16 Repeat action of cts 9-12 with opp ft and direction.
17-28 Repeat action of cts 1-12.
29-32 Repeat action of cts 13-16, turning 1/4 turn on ct 29 on R 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 bkwd.
7-8 Close R to L leaving wt on L, bend knees.
9-16 Reverse steps and direction of cts 1-8, beginning with R.
- Section B: Face LOD diag.
- 1-2 Put L heel fwd and step on L in place.
3-4 Close R to L and hold.
5-8 Repeat action of cts 1-4.
9-10 Jump on both ft turning slightly to L and hold.
11-12 Repeat action of cts 9-10 to R side.
13 Jump on R ft.
14-15 Two stamps with L next to R.
16 Hold.
17-32 Repeat action of cts 1-16.
- Section C: Face LOD, move to L side.
- 1 Step on L heel moving diag to L side.
2 Close with R behind L heel.
3-6 Repeat action of cts 1-2 two more times (three in all).
7-8 Stamp with L ft fwd and hold.
9-10 Stamp with L diag bkwd to L side, and bend R knee.
11-12 Stamp with L fwd in front of R, and hold.
13-16 Repeat action of cts 9-12
17-24 Four step-bends bkwd beginning with L (facing front).
Repeat action of Sections A, B, and C of Part 2 once more.
- Transitional Section:
- 1-8 Repeat action of Part 2, Section B, cts 9-16.
9-16 Repeat action of cts 1-8, end facing LOD to begin the dance.

Presented by Ya'akov Eden