

**Mi Hayish**  
(Israeli Circle Dance)

**Dance:** Eliyahu Gamliel  
**Translation:** Who Is The Man  
**Music:** Israeli Folk Dance Favorites YED Vol. 5  
**Formation:** Circle, facing Line of Dance - Counter Clockwise  
**Position:** Simple hold.  
**Meter:** 4/4

<b>Meas.</b>	<b>Cts.</b>	<b><u>Dance Description</u></b>
		<b><u>Part A (Face Line of Dance)</u></b>
1	1-2	2 STEPS forward; Right, Left in Line of Dance
	3	STEP Right forward
	4	STEP Left back
2	1	STEP Right back
	2	STEP Left forward
	3-4	2 STEPS forward; Right, Left in Line of Dance
3-4	1-8	<b>Repeat Measures 1-2, Part A</b>
5	1-2	2 STEPS forward; Right, Left in Line of Dance
	3-4	2 SWAYS; Right, Left FACING center
6	1-2	STEP Right across Left, SWING Left to Left
	3-4	STEP Left across Right, SWING Right to Right
7	1-4	<b>Repeat Measure 6, Part A. Reverse footwork and direction</b>
8	1	STAMP Right forward while body LEANS forward
	2-4	3 STEPS back; Left, Right, Left
9-16		<b>Repeat Measures 1-8, Part A</b>
		<b><u>Part B (Face Center)</u></b>
1	1-4	2 STEP-BENDS in place; Right, Left
2	1-2	STEP Right forward, SWING Left forward with BENT knee
	3-4	2 STEPS back; Left, Right
3	1-4	<b>Repeat Measure 2, Part B</b>
4	1-2	TURN a 1/2 TURN to Right (Clockwise) with 2 STEPS; Right, Left
	3-4	STEP-BEND Right back
5-8		<b>Repeat Measures 1-4, Part B</b>
		<b><u>Part C (Face Center, Moving in and out of the Circle)</u></b>
1	1-4	4 STEP-BENDS forward; Right, Left, Right, Left in CHASSIDIC STYLE, ACCENTING STEPS 1 and 3
2	1-2	STEP-BEND Right forward while arms EXTEND forward
	3-4	STEP Right back while TURNING a 1/2 TURN to Right (Clockwise), EXTENDING arms to Right
		<b>&amp; HOLD</b>
3		<b>Repeat Measure 2, Part C. Reverse footwork and direction</b>
4	1-4	4 STEPS; Right, Left, Right, Left while TURNING a 1/2 TURN to Right (Clockwise) in place
5-8		<b>Repeat Measures 1-4, Part C</b>