

MI HAYISH

Israel

Pronunciation: mee hah-YEESH  
 Translation: Who Is the Man  
 Dance: Eliyahu Gamliel  
 Meter: 4/4  
 Formation: Circle in a low "V" hand hold

Record: DANCE WITH  
 (L) YE 1004, SIDE A,  
 BAND 3

MEAS    CTS    DESCRIPTION

Part A (Face CCW)

1	1-2	2 steps fwd R,L in LOD	
	3-4	Cherkessia step R in LOD	(R Fwd, L Bwd, R Bwd, L Fwd)
2	1-2		
	3-4	2 steps fwd R,L	Bending knee slightly
3-4	1-8	Repeat meas 1-2, Part A	Bending knee slightly
5	1-2	2 steps fwd R,L in LOD	
	3-4	2 sways R,L facing ctr	
6	1-2	Cross R over L, swing L to L	
	3-4	Cross L over R, step R to R	
7	1-4	Repeat meas 6, Part A, opp ftwk and dir	
8	1	Stamp R fwd while body bends fwd slightly	and hands come slightly fwd
	2-4	3 steps back L,R,L next to R	
9-16	1-32	Repeat meas 1-8, Part A	

Part B (Face ctr)

1	1-4	2 <sup>BENDS STEP</sup> step-bends in place R,L, R,L (Bend knees on R, straighten on L)
2	1-2	Stamp R fwd and swing L fwd with bent knee
	3-4	2 steps back L,R
3	1-4	Repeat cts 1-4, meas 2, Part B, opp ftwk
4	1-2	2 steps R,L turning 1/2 to R (CW)
	3-4	Step-bend R, L back
5-8	1-16	Repeat meas 1-4, Part B

Part C (Moving in and out)

1	1-4	4 step-bends R,L,R,L in Chassidic style, accenting steps 1 and 3
2	1-2	Step-bend R, fwd while arms are stretched fwd
	3-4	Step R back while turning 1/2 to R, stretching arms to R, and hold
3	1-4	Repeat meas 2, Part C, opp ftwk and dir
4	1-4	4 steps R,L,R,L while turning 1/2 to R (end facing out)
5-8	1-16	Repeat meas 1-4, Part C END FACING IN

Presented by Ya'akov Eden