

MISHAL
(A referendum)

Dance: Moshe Halevy
Music: Traditional

Formation: Line, facing Counter Clockwise, all join hands.

PART ONE

- 1- 4 Stamp vigorously in place with the left foot next to the right 2 times, then stamp back with the left, and stamp-join-back with the right next to the left.
- 5- 7 Walk forward on right, left, right.
- 8-28 Repeat 1-7, so that you will have a total of 4 sets.
- 29-30 Stamp vigorously in place with the left foot next to the right 2 times.

PART TWO

- 1- 2 Hop backwards on your left foot 2 times, while lifting the right knee up.
- 3 Hop forward on the left foot and immediately land with feet apart: left in back and right in front.
- 4 Step on left foot forward in front of right.
- 5- 6 Repeat 3-4.
- 7 A big hop forward on the right foot.
- 8 Stamp-close vigorously with the left next to the right, while pushing body down.
- 9-32 Repeat 1-8, so that you will have a total of 4 sets.

BACK FROM ISRAEL - Hadarim III - Side I, band 6.