

**MIEMEK LEGIVAH**

Dance : Yonatan Karmon  
 Music : M. Wilensky

Formation: Couple dance. Ptrs face LOD, CCW. M holds W R hand in front of him with his L. M holds W L hand with his R on her waist.

**Meas            Pattern****Step I**

- 1 1-Jump on both ft 2-Jump on both ft 3-Step R fwd 4-L in place
- 2 1-R bk 2-L in place 3-Lift R 4-R to R
- 3 1-L to L 2-R knee bent, L in place 3-R across L 4-L knee bent, R in place
- 4 1-L across R 2-Stamp R 3-Stamp R 4-Pause
- 5 Repeat meas 1
- 6 1-R bk 2-L in place 3-Lift R 4-R,L in place
- 7 1-R in place, knee bent 2-L in place 3-R across 4-Hold (Women turn out holding M R hand with their L, with the 3 steps)
- 8 1-4 Reverse meas 7 - W turn bk in

**Step II**

- 1 (Turning together CW) 1- R with knee bent 2-L in place 3-4 -Repeat cts 1-2
- 2 M & W using same step as meas 1, turn individually, M CCW, W CW - Do this 2 times

**Step III**

- Women**
- 1 1-Leap R 2-Step L 3-Leap R 4-Step L
  - 2 1-R toe, step L 2-R toe, step L 3-4 - Full turn CW (cts 1-2 turn bkwd to face M)
- Men**
- 1 1-Stamp R with wt 2-Step L 3-Leap R 4-Step L
  - 2 1-2 - Turn CW 3-Leap R, cross R with L 4-Pivot turn Do Step III 4 times

**SALACH**

Dance : Moshe Eskayo  
 Music : Yohanan Zarai

Formation: Couples, men's back to center of circle, girls facing center & in front of partner (girls steps noted, men do opposite)

**Counts****Part one**

- 1-2 Step hop on L to left
- 3-4 Cross R in front of left
- 5-8 Repeat 1-4 to right
- 9-10 2 slides on L to left
- 11-12 1 complete turn to right
- 13-24 Repeat 1-12 starting on R to right (Reversing all steps)

**Part two**

- 1-4 Running right starting on L run LRLR
- 5-6 Step hop on left
- 7 Step R to right
- 8 Clap hands to right
- 9-12 2 slides left on right
- 13-16 One complete turn right
- 17-32 Repeat 1-16

**Part Three**

- 1-2 2 runs to ctr of circle RL
- 3-4 Step hop on R, L bent fwd
- 5-6 2 runs bkwd LR
- 7-8 Step hop on L, R bent fwd
- 9-12 2 slides on R to R
- 13-16 One complete turn R in 4 cts

New Partner is second boy to the right