

SHALOM LEVO SHABAT
(Israel)

Dance by Se'adia Amishai. Music by Miriam Tsabari.

Pronunciation:

Translation: Hello to the Coming of the Sabbath

Record:

4/4 meter

Formation: Circle, simple hand hold "V" pos.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
<u>PART A</u>		
1	1-2	Bend knees and hold.
	3-4	Lift R with bend of L knee.
2	1	Step R back.
	2	Step L in place.
	3	Step R fwd.
	4	Step L in place.
3	1-2	Close R beside L and hold.
	3-4	Bend knees and hold.
4	1-2	Lift R with bend of L knee.
	3	Step R back.
	4	Step L in place.
5	1	Step R fwd.
	2	Step L in place.
	3-4	Close R beside L and hold.
6	1-4	Repeat meas 1.
7	1-2	Step R to R and hold while turning 1/4 turn to R.
	3-4	Close L beside R and hold.
8		Repeat meas 7 with opp ftwk and direction.
<u>PART B</u>		
1	1-2	Cross R over L and bend R knee.
	3-4	Step back on L and bend L knee.
2	1-4	Bkwd Yemenite R.
3-4		Repeat meas 1-2 with opp ftwk and direction.
5	1-2	Step R to R and hold.
	3-4	Close L beside R.
6		<u>Note:</u> Arms circle in front of body during meas 5.
		Repeat meas 5
7	1-4	2 Buzz steps on R, turning a full turn to R. R hand raised to eye level.
8	1-2	Step R in place and hold.
	3-4	Close L beside R and hold.
9-16		Repeat meas 1-8.
<u>PART C</u>		
1	1-2	Step R fwd and hold.
	3-4	2 hops on R fwd.
2	1-4	3 steps fwd L,R,L and hold.
3	1-2	Step R bkwd and hold.
	3-4	2 hops on R bkwd.
4	1-4	Back Yemenite L.

Presented by Ya'akov Eden