

Hameantezet - Israel

Start when singing starts.

1. Face Centre. Walk forward RLRL each step has a quick rocking back on the other foot. (4 counts)
2. Face right. Walk RLR, kick L (& clap). Each step takes 1 beat. (2 counts)
3. Face left. Walk LRL, kick R (& clap) a little bit. Each step takes 1 beat. (2 counts)
4. Face centre. Walk back RLRL each step has a quick rocking forward on the other foot. (4 counts)
5. Repeat 2 & 3. (4 counts)
6. Face centre. Step R and close L, circling knees CCW. Repeat. (4 counts)
7. Pivoting on L, facing L to start, step R in front, to the left, behind, then right, doing a complete CCW turn. (4 counts)
8. Repeat 6 & 7. (8 counts)
9. Face centre, step R to front, L in place, R back, L in place. (2 counts)
10. Step R to R, L in place, 2 step CCW turn to L. (2 counts)
11. Repeat from beginning.
12. Throw in an extra 2 step CCW turn at very end.