

Mechol Halahat - Israel
(Dance of Spirit)

Music: A. Gilad

Dance: Yaacov Levy

Formation: Lines, no hands, facing centre

Part One:

- 1-2 Walk to right side with R, L
- 3 Pivot-turn to face left side on R while leaning back.
- 4 Kick left leg to left side.
- 5-8 Repeat 1-4 with opposite footwork.
- 9-16 Repeat 1-8

Part Two:

- 1-2 Repeat Part One, counts 3-4
- 3-4 Step on L in back of R, step R to right, cross L in front of R
- 5-6 Kick-bend R knee twice to right side while bending left leg twice.
- 7-8 Repeat 3-4 with opposite footwork to left side.
- 9-12 Repeat 5-8 in reversed direction with opposite footwork.
- 13-16 Repeat 5-8

Part Three:

- 1-3 Walk forward diagonally on L, R, L
- 4 Bend-push Left leg with Right bent leg off the floor.
- 5-6 Step back on R, L
- 7-8 Step in place on R, L, and close with R
- 9-16 Repeat 1-8

Ending

- 17 Stamp on L while turning head to left.
- 18 Hold.