Ashrei Ha'Ish

(Israel)

Ashrei Ha'Ish, meaning "blessed be the man," was choreographed by Dani Dassa to music by Uri Shevach.

Pronunciation: ash-RAY hah-EESH

Cassette: D. Edery–Israeli Folk Dances Side A/5 4/4 meter

Formation: Circle, hands joined in V-pos.

Counts	Pattern
	PART I
1-2	Facing ctr and moving CCW, step on R to R; small jump on both ft; hold.
3-4	Step on L behind R on balls of ft; step on R in place.
5-8	Repeat cts 1-4 with opp ftwk and direction.
9-10	Step on R to R; hold.
11-12	Step on L to L; step on R to R.
13-16	Step on L across R; step on R to R; step on L across R; hold.
17-24	Repeat cts 1-8.
25-28	Step on R to R; hold; step on L across R; cross hands in front, snap.
29-32	Repeat 25-28.
33-64	Repeat 1-32.
	PART II
1-4	Facing ctr with hands joined, step on R to R; hold; step on L behind R and turn L to face CW.
5-6	Step R, L CW.
7-8	Step on R and pivot 3/4 turn to L (CCW), end facing ctr, rejoin hands.
9-16	Yemenite step L; Yemenite step R.
17-32	Repeat cts 1-16 with opp ftwk and direction.
	PART III
1-4	Facing CW, hands free, raise R hand to ctr, palm facing out and fwd, elbow bent, R shldr slightly to ctr, step on R to R (into ctr); step on L next to R; step on R to R; hold.
5-7	Step on L across in front of R; step on R to R; step on L across in front of R continuing to move into ctr.
8	Pivot 1/4 to L (CCW) on L to face outside.
9-11	Step fwd and away from ctr R, L, R.
12	Pivot 1/2 to L (CCW) on R, end facing ctr.
13-16	Yemenite bkwd with L.
17-32	Repeat cts 1-16.
	Interlude
1-4	Facing ctr, hands joined, step on R to R; hold; step on L next to R; hold.

Ashrei Ha'Eish—continued

Note: During the last time of the music, repeat entire Part III one more time, then do the ending instead of the interlude.

Ending

1-8	Repeat Fig I, cts 1-8.
9-10	Step on L next to R; hold.

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