BA'A MENUCHA
(Israel)

Pronunciation: Translation: Workers Repose

Choreographer: Bentzi Tiram

Record: T-Ram 1002 4/4 meter

Formation: Circle in simple hold ("V" pos).

Counts	Pattern
	PART A
1-2	Step R diag fwd, cross L over R.
3-4	Step R bkwd and bounce.
5-8	Bkwd Yemenite step with L.
9-12	R,L,R while turning 3/4 turn CW and bounce.
13-16	Three steps fwd in RLOD - L,R,L - and hold.
17-32	Repeat cts 1-16.
	PART B
1-4	Grapevine steps starting with R to L.
5-6	Cross over L with R while bending slightly, step L in place while straightening.
7-8	Step R bkwd while turning 1/4 CW, and hold.
9-12	Two step-bends fwd L,R while snapping fingers on the "&" ct from side to side.
13-14	Step fwd with L while swinging the hands up, step R in place.
15-16	Step bkwd with L (bend knee) while putting hands on shldrs, and hold.
17-18	Step R sdwd R while facing L, and bounce.
19-20	Sway L while facing R, and bounce.
21-24	Step R to the R while facing L, cross L behind R, step R sdwd R while facing L, and bend R knee.
25-32	Repeat cts 17-24, reversing ftwk and directions.
	PART C
1-4	Grapevine step with R to R.
5-8	Three steps, R,L,R, while turning CW, and hold.
9-10	Step L sdwd to L while facing R, and bounce.
11-12	Sway R while facing to L, and bounce.
13-16	Back Yemenite step, with L.
17-32	Repeat cts 1-16.

Presented by Bentzi Tiram