

BEIN NEHAR PRAT (lehar Chedekel)  
(Between the River Prat and Mount Chedekel)  
(Israel)

Choreography by Yaacov Levy

Music: Traditional

Pronunciation: BANE neh-HAR PRAHT

Music: Hadarim III, Side A, Band 5. 4/4 meter.

Formation: Circle facing ctr, all join hds, or cpl facing CCW, M inside circle.

<u>Cts</u>	<u>Pattern</u>
3 meas	<u>Introduction.</u>
	<u>PART I.</u>
1-3	Step fwd on R, L, step back on R while lifting L leg off the floor.
4	Hold.
5	Step back on the L.
6-8	Yemenite step to the R side.
9-12	Sway on L, R, L, R with ft wide apart.
13-16	Cross with L over R, step back on R while slightly lifting L off floor, step fwd on L and raise the R in front of the L.
17-32	Repeat cts 1-16.
	<u>PART II.</u>
1-3	Step-cross with R over L, step on L ball of ft in place, and cross with R over L.
4	Hold.
5-7	Yemenite step to the L side.
8	Hold.
9-12	CCW turn (to L side): step on R, together with L, step R, hold.
13-16	Continue turning: step on L, together with R, step L, hold.

Presented by Shlomo Bachar