

BELEV ECHAD
(Israel)

The dance is a debka done flat-footed and very Middle Eastern in its style. Translated it means "With One Heart". Dance was choreographed by Yo'av Ashri'el.

Pronunciation:

Record: Dances by Yo'av Ashri'el Side B/1 2/8 meter.

Formation: Line in a simple hold.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
<u>Part A (Face LOD)</u>		
1	1-2	Debka step R fwd.
2	1	Step on L fwd.
	2	Hold.
3	1	Step on R fwd.
	2	Stamp on L beside R with bent knee.
4	1	Step on R fwd.
	2	Hold.
5	1	Touch L fwd.
	2	Bend R knee.
6	1-2	Repeat meas 5 in opp direction.
7-8		Repeat meas 3-4 with reverse ftwk.
9-32		Repeat meas 1-8, three more times.
<u>Part B (Face center)</u>		
1	1	Stamp on R over L, leading with R shldr.
	2	Lift R while bending L knee.
2	1-2	Repeat meas 1.
3	1	Stamp on R to R.
	2	Close L beside R.
4	1	Stamp on R to R.
	2	Hold.
5	1	Leap onto L to L.
	2	Cross R over L with bent knee.
6	1	Stamp on L behind R with bent knee while straightening R fwd.
	2	Hold.
7	1-2	Circle R to R and leap onto R.
8	1	Close L beside R.
	2	Hold.
9-32		Repeat meas 1-8, three more times.
<u>Part C</u>		
<u>Note:</u> meas 1-4 form a square.		
1	1	Step on R to R.
	2	Bend R knee.
2	1	Cross L over R.
	2	Bend L knee.

BELEV ECHAD (continued)

- | | | |
|-------|---|--|
| 3 | 1 | Step on R bkwd. |
| | 2 | Bend R knee. |
| 4 | 1 | Step on L to L. |
| | 2 | Bend L knee. |
| 5-8 | | Repeat meas 1-4. |
| 9-10 | | Two-step R fwd twd ctr with stamps. |
| 11 | 1 | Hop on R. |
| | 2 | Cross L over R while bending knees and body fwd. |
| 12 | 1 | Step on R back in place. |
| | 2 | Hold. |
| 13-16 | | Repeat meas 9-12 with opp ftwk. |
| 17-20 | | 4 steps with knee-bends. bkwd-R,L,R,L. |
| 21-32 | | Repeat meas 9-20. |

Part D

- | | | |
|------|---|--------------------------------------|
| 1 | 1 | Stamp on R to R. |
| | 2 | Hold. |
| 2 | 1 | Hop on R and extend L ft fwd. |
| | 2 | Hold. |
| 3 | 1 | Hop on R and extend L ft bkwd. |
| | 2 | Hold. |
| 4 | 1 | Stamp on L over R while bending fwd. |
| | 2 | Stamp on R to R. |
| 5 | 1 | Stamp on L over R while bending fwd. |
| | 2 | Hold. |
| 6 | 1 | Stamp on R to R, body up. |
| | 2 | Close L beside R. |
| 7 | 1 | Stamp on R to R. |
| | 2 | Hold. |
| 8 | 1 | Cross L behind R. |
| | 2 | Hold. |
| 9-16 | | Repeat meas 1-8. |

Interlude

- | | | |
|-----|---|-----------------------------|
| 1 | 1 | Step on R to R. |
| | 2 | Bend R knee. |
| 2 | 1 | Close L beside R. |
| | 2 | Bend L knee. |
| 3-4 | | Repeat meas 1-2, Interlude. |

Part E

- | | | |
|------|--|------------------------------|
| 1-20 | | Repeat Part D and Interlude. |
|------|--|------------------------------|

Presented by Ya'akov Eden