

HAHELECH
(Israel)

Hahelech (The Wanderer) was choreographed by Moshiko to this folk music.

Pronunciation:

Record: "Dance with Moshiko," MIH Vol. 1.

Formation: Line, face and move CCW. Join hands.

Counts

Pattern

INTRODUCTION.

- | | |
|-------|---|
| 1-7 | Seven slow steps, starting R. On 'and' of ct 7, close L to R. |
| 8 | Hold. |
| 9-11 | Three slow steps, start R. On 'and' of ct 11, close L to R. |
| 12 | Hold. |
| 13-24 | Repeat action of cts 1-12. |
| 25-26 | Bend and stretch knees. |
| 27-28 | Bend and stretch both knees. |

PART ONE.

- | | |
|------|---------------------------------------|
| 1 | R fwd. |
| 2 | Kick L fwd. |
| 3 | L in place. |
| 4 | Kick R bkwd. |
| 5 | Kick R fwd. |
| 6 | R bends over L in front. |
| 7 | Kick R fwd. |
| 8 | R fwd (leap). |
| 9-12 | Two step-hops fwd: L and R. |
| 13 | Leap L fwd. |
| 14 | Tap R toe bkwd. |
| 15 | Hop L fwd. |
| 16 | R leap fwd. |
| 17 | L fwd. |
| 18 | Jump with ft together, bending knees. |

PART TWO.

- | | |
|-------|---|
| 1 | Face ctr. Step-hop on R and travel to R side. (Stamp on step.) |
| 2 | L crosses in front of R. |
| 3-8 | Repeat action of cts 1-2, Part Two, three more times. |
| 9-12 | Repeat action of cts 1-4, Part One. |
| 13 | R fwd. |
| 14 | Kick L fwd. |
| 15-16 | Step-hop on L in place (release hands), and 1/2 turn to L side. Face CW. Clap on last ct. |
| 17-24 | Repeat action of cts 9-16, Part Two. |

Repeat Part One and Part Two. On last ct, jump with ft together, body bends fwd, head down and clap.
Dance repeats from beginning.

Presented by Moshiko Halevy