

Kulanu Ba'Mitz'ad

(Israel)

Kulanu Ba'Mitz'ad, meaning "we're all marching," was choreographed by Chayim Shiryon to Russian music.

Pronunciation:

CD: D. Edery—Israeli Folk Dance—1999

4/4 meter

Formation: Circle.

Cts

Pattern

INTRODUCTION

PART I

- 1-4 Step-bend fwd and bkwd R, L, raising and lowering hands.
- 5-8 Full turn to R (CW) with R, L, R; end stepping on L across in front of R.
- 9-10 Step on R to R and pivot bkwd through L (CCW) to face out; step on L to L.
- 11-14 Mayim step with R moving CCW, facing out.
- 15-16 Facing CCW, sway on R out to R; sway on L in to L.
- 17-32 Repeat cts 1-16.

PART II

Section 1

- 1-4 Facing ctr, quick step-together-step with R and L to ctr on the whole ft.
- 5-6 Step fwd on R, bending knee; step bkwd on L.
- 7-8 Turn 1 1/4 CW in LOD with R, L.

Section 2

- 1-3 Facing LOD, hands at sides, step on R out to R; step on L behind R; step on R with balance to R.
- 4-6 Full turn to L moving in LOD with L, R, L.
- 7-12 Repeat cts 1-6 (notice the change of counting in this section).

Section 3

- 1-3 Facing CCW, step R, L, R in LOD.
- 4-5 Step fwd on L, bending knee; step on R behind L.
- 6-8 Turn 1 1/4 to L (CCW) in LOD with L, R, L.
- 9-10 Facing ctr, step on R across in front of L; step on L to L.
- 11-12 Step on R, turning to R and facing CCW; balance on L to ctr.

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