

MARHABA (Welcome)
(Israel)

Dance contains Israeli steps based on a Middle Eastern dance style. Choreographed by Moshiko Halevy in 1974.

Pronunciation:

Music: Dance with Moshiko, MIH-3, side 2, band 3.

Formation: Circle, hands held low, facing CCW.

Style: Arabic, step on flat foot at all times (except when otherwise specified).

<u>Cts</u>	<u>Pattern</u>
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8 INTRODUCTION.

PART I.

- 1-8 Step L(ct 1); hop L and step R fwd (ct 2); L fwd (ct 3);
R fwd (ct 4); L fwd (ct 5); on both toes, twist heels
and hips to R (ct 6); twist to L (stay on toes) (ct 7);
fall on R ft, R knee bent, L knee bent pointing fwd (ct 8).
9-32 Repeat action of cts 1-8 three more times.

PART II.

- 1-4 Two-step fwd L (cts 1,&,2); two-step fwd R (cts 3,&,4).
5-8 Step L next to R knees bent (ct 5); chug back on both
(knees almost straight, body bending fwd slightly) (ct 6);
Fall on R in place, R knee bent, L ft up (next to R knee),
knee bent and pointing slightly R with hips twisted (cts 7,8).
9-12 Touch L heel diag L fwd (R knee stays bent, hips untwist)
(ct 9); bring L back (knee bent and pointing slightly R)
(ct 10); Repeat action of cts 9,10 (cts 11,12).
13-16 L fwd (ct 13); chug slightly back on L, then R fwd (ct 14);
close L to R with a stamp, no wt (cts 15,16).
17-32 Repeat action of cts 1-16 (Part II).

PART III.

- 1-4 Three bouncy steps fwd, starting L, clapping on each ct
(cts 1-3); turn to face ctr and step diag bkwd on R
(bouncy) clap hands (ct 4).
5-8 Close L to R, no wt, facing ctr, clap hands (ct 5); L
fwd, take hands (low)(ct 6); Stamp R (no wt) (ct 7);
back on R (ct 8).
9-12 Stamp L (ct 9); hold (ct 10); bring L ft sharply up,
knee bent, bend R knee (ct 11); hold (ct 12).
13-16 Stamp flat L ft fwd (no wt)(ct 13); bring L ft sharply
up, knee bent, bend R knee (ct 14); stamp flat L ft fwd
(no wt)(ct 15); hold (ct 16).
17-32 Repeat action of cts 1-16 (Part III).

Presented by Moshiko Halevy

FOLK DANCE CAMP - 1976