

MEKHOL HAMITPAKHAT
(Israel)

This line dance is done to a folk song. It was choreographed by Bentzi Tiram.

Pronunciation:

Record: Blue Star 79

Formation: Line, moving to R.

<u>Cts</u>	<u>Pattern</u>
	<u>Part 1.</u> Dancers one behind the other moving in LOD.
1-4	Two step-bend fwd beginning with L ft.
5-6	Step with L ft next to R and bend R knee.
7-8	Repeat action of cts 5-6.
9-10	Step with L to L side and bend knees.
11-12	Close with R next to L and bend knees.
13-16	Repeat action of cts 9-12 with opp ft and direction.
17-28	Repeat action of cts 1-12.
29-32	Repeat action of cts 13-16, turning 1/4 turn on ct 29 on R to face front.
	<u>Part 2.</u>
	<u>Section A:</u> Face front, all steps are done with knee bends.
1-2	Step bend on L fwd.
3-4	Cross bend with R in front of L.
5-6	Step-bend on L bkwd.
7-8	Close R to L leaving wt on L, bend knees.
9-16	Reverse steps and direction of cts 1-8, beginning with R.
	<u>Section B:</u> Face LOD diag.
1-2	Put L heel fwd and step on L in place.
3-4	Close R to L and hold.
5-8	Repeat action of cts 1-4.
9-10	Jump on both ft turning slightly to L and hold.
11-12	Repeat action of cts 9-10 to R side.
13	Jump on R ft.
14-15	Two stamps with L next to R.
16	Hold.
17-32	Repeat action of cts 1-16.
	<u>Section C:</u> Face LOD, move to L side.
1	Step on L heel moving diag to L side.
2	Close with R behind L heel.
3-6	Repeat action of cts 1-2 two more times (three in all).
7-8	Stamp with L ft fwd and hold.
9-10	Stamp with L diag bkwd to L side, and bend R knee.
11-12	Stamp with L fwd in front of R, and hold.
13-16	Repeat action of cts 9-12
17-24	Four step-bends bkwd beginning with L (facing front).
	Repeat action of Sections A, B, and C of Part 2 once more.
	<u>Transitional Section:</u>
1-8	Repeat action of Part 2, Section B, cts 9-16.
9-16	Repeat action of cts 1-8, end facing LOD to begin the dance.

Presented by Ya'akov Eden