

MISGAV (Fortress)
(Israel)

Choreography by Shlomo Bachar

Music by Toby David

Formation: Circle.

Pronunciation: mis-GAHV

Music: I Remember, Hadarim IV. Side A, Band 5.

Cts

PATTERN

7

INTRODUCTION.

PART I. Facing ctr of the circle, holding hands.

- 1-2 Step-hop with the R ft while kicking the L ft fwd.
- 3-4 Scissors to the back: hop on the L ft while kicking the R back, then hop on the R ft while kicking the L back.
- 5-8 Sharply face the L side (CW) while walking fwd with the L, hold, R, and hold.
- 9-16 Repeat action of cts 1-8 in reverse by starting with the L ft (while sharply facing the ctr again).

PART II. Raising arms.

- 1-6 Turn CW (own R side) while stepping on the R, hold, L, hold, R, hold, ending up by facing the L side (CW).

PART III. Facing ctr of the circle, holding hands.

- 1-3 Step with the L ft to the L side, step with the R in place, cross with the L ft in front of the R.
- 4-6 Repeat action of cts 1-3, Part III in reverse by starting with R ft.
- 7-9 Repeat action of cts 1-3, Part III.
- 10 Jump on both ft in place.

PART IV.

- 1-16 Repeat action of cts 1-16, Part I.
- 17-22 Repeat action of cts 1-6, Part II.
- 23-31 Repeat action of cts 1-9, Part III.
- 32-33 Stamp twice with the R heel next to the L.

PART V. Facing ctr of the circle, holding hands.

- 1-2 Jump to the R side on both ft, then jump to the L side on both ft.
- 3-4 Hop on the R ft while raising the L knee and hold.
- 5-8 Repeat action of cts 1-4, Part V, reversing action and direction.

MISGAV (continued)PART VI.

- 1 Cross-stamp with the R ft over the L ft.
- 2 Step back with the L.
- 3 Sharply face to the R side (CCW) while placing the R heel in front of the L ft.
- 4 Hold.
- 5-6 Run fwd with the R, L.
- 7 Hop fwd on the R ft while kicking the L ft in back (bending body fwd).

PART VII. Facing CCW, holding hands.

- 1 Hop-slide with the R ft bkwd.
- 2-3 Step bkwd with the L, R.
- 4-5 Cross-step-hop with the L ft over the R, ending up by facing the ctr of the circle.
- 6 Extend R heel fwd (straight leg).
- 7 Hold.

Presented by Shlomo Bachar