

SHALOM LAVO SHABAT  
(Israel)

Dance by Seadia Amishai; music by M. Sabri.

Pronunciation:

Translation: The Sabbath To Come In Peace

Music: 4/4, 2/4 meter.

Formation: Circle; simple handhold.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
<u>PART A. Face ctr.</u>		
1	1-2	Jump in place with ft together, hold.
	3-4	Hop L in place while raising R knee.
2	1-2	Step R bkwd, step L fwd in place.
	3-4	Step R fwd, step L bkwd in place.
3	1-2	Close R to L, hold.
4-6		Repeat meas 1-3.
7		Repeat meas 1.
8	1-2	Step-bend R to R while making 1/4 turn CW.
	3-4	Close L to R, hold.
9		Repeat meas 8 with opp ftwk and direction.
<u>PART B. Face ctr.</u>		
1	1-2	Cross-bend R over L.
	3-4	Step-bend L bkwd.
2		Bkwd Yemenite R.
3-4		Repeat meas 1-2 with opp ftwk.
5	1-2	Step-bend R to R while moving hands to R.
	3-4	Close L to R, hold.
6		Repeat meas 5.
7		Make one full turn CW with four steps in place, R bent knee, L straighten, R bent knee, L straighten; raise R hand during turn.
8	1-2	Finish turn with step R in place, hold.
	3-4	Close L to R, hold.
9-16		Repeat meas 1-8.
<u>PART C. Fact ctr with simple handhold.</u>		
1	1-2	Step R fwd, hold.
	3-4	Two hops R fwd.
2		Three steps fwd L,R,L, hold.
3		Repeat meas 1 in opp direction.
4		Bkwd Yemenite L.

Presented by Ya'akov Eden