

# Chekessia Kfula (Israel)



## Formation

*Circle round the room. No partners needed. Join hands.*

## Instructions

1. 3 Grape vine steps to the left.
2. Rock (Step to the left with your right foot, lean back on the left foot, then lean on the right foot, lean back on the left foot.)
3. Repeat part 1 and 2.
4. Let go hands.
5. Step to the left with your right foot and clap at the same time.
6. Lean back on your left foot.
7. Bring your right foot back, so that it is facing into the centre of the circle.
8. Step to the right with your left foot and clap at the same time.
9. Lean back on your right foot.
10. Bring your left foot back, so that it is facing into the centre of the circle.
11. Repeat part 5 to 10 twice.
12. Rock.
13. Repeat part 5 to 12.
14. Start the dance again.