

BA'AH MENUCHA
Circle Dance

Translation: The Worker Got a Fest
 Dance: Moshe Ashkenazi (Musna)
 Record: Blue Star 1980
 Meter: 4/4
 Formation: Circle in a simple hold, face LOD (CCW)

<u>Measures</u>	<u>Counts</u>	<u>Description</u>
		<u>Part A (Face LOD: CCW)</u>
1	1-4	4 steps fwd R,L,R,L
2	1-2	Cross R over L
	3-4	Cross L over R
3	1	Cross R over L, moving toward center
	2	Step L to L, L remains behind R
	3	Cross R over L, moving toward the center
	4	Hold
4	1-4	Repeat meas. 3, Part A, reverse footwork and direction
5-8		Repeat meas. 1-4, Part A
		<u>Part B (Face center)</u>
1	1	Sway R to R
	2	Hold
	3	Sway L to L
	4	Hold
2	1-4	Sideway two-step R to R, step R to R, close L beside R, step R to R and hold
3-4		Repeat meas. 1-2, Part B, reverse footwork and direction
5	1	Step R to R
	2	Touch L behind R
	3	Step L to L
	4	Touch R behind L
6	1-3	3 step turn to R: R,L,R
	4	Close L beside R
7-8		Repeat meas. 5-6, Part B, reverse footwork and direction
		<u>Part C (Face center)</u>
1	1-2	2 steps fwd R,L
	3	Step R fwd while bending knees and raising arms
	4	Step L back
2	1-4	Repeat meas. 1, Part C, reverse direction
3-4	1-6	Double tcherkessia w/R
	7	Close R beside L
	8	Hold
5-8		Repeat meas. 1-4, Part C

Presented by Ya'akov Eden