

BEIN N'HAR PRAT (Un'har Chidekel)
(Between the Tigris and Euphrates)

Dance: Yaacov Levy

Music: Folk

Record: Israeli Folk Dance Souvenir Tikva T-148

Formation: Couples. Face forward (usually where music is). Girl on man's right side. Man's right arm is on girl's right shoulder. Join left arms in front. Both same foot.

4 measures intro

PART ONE

- 1-2 : 2 steps fwd RL
- 3 : R bwd
- 4 : lift and bend L fwd
- 5 : L to left side
- 6-8 : Yem R
- 9-12 : Four steps in place, from side to side LRLR
- 13 : L fwd
- 14 : R bwd, bend knee
- 15 : L fwd, bend knee
- 16 : Stretch left knee. Lift R fwd with bent knee.
- 17-32: Repeat 1-16

PART TWO

- 1 : R crosses in front of L
- 2 : Close L to R
- 3 : R fwd
- 4: Hold
- 5 : L crosses behind R
- 6 : R to right side
- 7 : L crosses in front of R
- 8 : Hold
- 9-16 : Release hands. Move away from each other with 2 yem steps fwd. At the same time walking own little circle. Girl to right side man to left. Meet again to start dance.

Yem L: Yemenite step left. Left foot steps to left side (bend knee) Right steps on toe behind left, left crosses in front of right. On 4th count pause.

Yem R: Reverse Yemenite step left, start with right foot.