

BEIN NEHAR PRAT

A 30
A-31

Record: Back From Israel Hadaim LP-3
Dance: Yaacov Levy Music: Traditional
Formation: Circle, facing center, all join hands.
4 measures intro

PART ONE

- 1-3 : Step forward on right, left, step back on right, while
lefting left leg off the floor.
- 4 : Hold.
- 5 : Step back on the left.
- 6-8 : Yemenite step to the right side.
- 9-12 : Sway on left, right, left, right with feet wide apart.
- 13-16: Cross with L over R, step back on R, while slightly lifting
L off the floor, step forward on L, and raise the R in front of the L.
- 17-32: Repeat 1-16

PART TWO

- 1-3 : Step-cross with R over L, step on L ball of foot in place
and cross with R over L.
- 4 : Hold
- 5-7 : Yemenite step to the left side.
- 8 : Hold
- 9-12 : Counter Clockwise turn (to left side): step on R together with
L, step R, and hold.
- 13-16: Continue turning: step on L together with R, step L and hold