

BEIN NEHAR PRAT (lehar Chedekel) Dance: Yaacov Levy
Music: Traditional
(Between the River Prat and Mount Chedekel)

Formation: Circle, facing center, all join hands.

PART ONE

- 1- 3 Step forward on right, left, step back on right,
while lifting 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.