

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

Dance: Yaacov Levy
Music: Folk

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.

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.