

BEIN N'HAR PRAT

Type: Couple

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.

Music: Record: Tikva T-148 Souvenir Israeli Folk Dances.

Direction: Instruction booklet enclosed in record, T-148 Souvenir Israeli Folk Dances

Pronounced: BEIN NE-HAR P-RAT

Translation: Between the Tigris and Euphrates

<u>Meas.</u>	<u>Counts</u>	<u>Part One</u>
1	1-2	2 steps fwd RL
	3	R bwd
	4	Lift and bend L fwd
2	5	L to left side
	6-8	Yem R
3	9-12	Four steps in place, from side to side LRLR
4	13	L fwd
	14	R bwd, bend knee
	15	L fwd, bend knee
	16	Stretch left knee. Lift R fwd with bent knee.
5-8	17-32	Repeat 1-16
		<u>Part Two</u>
1	1-2	R crosses in front of L
	2	Close L to R
	3	R fwd
	4	Hold
2	5	L crosses behind R
	6	R to right side

<u>Meas.</u>	<u>Counts</u>	<u>Part Two</u>
	7	L crosses in front of R
	8	Hold
3-4	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.