

Belev Echad

(Israeli Line Dance)

The dance is a Debka done flat-footed and very Middle Eastern in its style.

Choreographer: Yo'av Ashrilel
Translation: With one Heart
Music: Israeli Folk Dance Favorites YED 2
Formation: Short Lines, Line of Dance - Counter Clockwise
Position: Simple Hold
Meter: 2/8, each 1/8 is counted as 1 count

<u>Meas.</u>	<u>Cts.</u>	<u>Dance Description</u>
<u>Part A (Face Line of Dance)</u>		
1	1-2	DEBKA STEP Right forward
2	1	STEP Left forward
	2	HOLD
3	1	STEP Right forward
	2	STAMP Left beside Right with BENT knee
4	1	STEP Right forward
	2	HOLD
5	1	TOUCH Left forward
	2	BEND Right knee
6	1-2	Repeat Counts 1-2, Measure 5, Part A. Reverse direction
7-8		Repeat Measures 3-4, Part A. Reverse footwork
9-32		Repeat Measures 1-8, Part A, three more times
<u>Part B, (Face Center)</u>		
1	1	STAMP Right over Left, leading with Right shoulder
	2	LIFT Right while BENDING Left knee
2	1-2	Repeat Measure 1, Part B
3	1	STAMP Right to Right
	2	STEP Left beside Right
4	1	STAMP Right to Right
	2	HOLD
5	1	LEAP Left to Left
	2	STEP Right across Left with BENT knee
6	1	STAMP Left behind Right with BENT knee while STRAIGHTENING Right forward
	2	HOLD
7	1-2	CIRCLE Right to Right and LEAP onto Right
8	1	STEP Left beside Right
	2	HOLD
9-32		Repeat Measures 1-8, Part B, three more times
<u>Part C (Face Center)</u>		
Note: Measures 1-4 form a square		
1	1	STEP Right to Right
	2	BEND Right knee

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<u>Meas.</u>	<u>Cts.</u>	<u>Dance Description</u>
2	1	STEP Left across Right
	2	BEND Left knee
3	1	STEP Right back
		BEND Right knee
4	1	STEP Left to Left
	2	BEND Left knee
5-8		Repeat Meas. 1-4, Part C
9-10		TWO-STEP Right forward toward center with STAMPS
11	1	HOP on Right
	2	STEP Left across Right while BENDING knees and body forward
12	1	STEP Right back in place
	2	HOLD
13-16		Repeat Measures 9-12, Part C. Reverse footwork
17-20		4 STEPS back with KNEE-BENDS : Right, Left, Right, Left
21-32		Repeat Measures. 9-20, Part C

Part D (Face Line of Dance)

1	1	STAMP R to R
	2	HOLD
2	1	HOP on Right and EXTEND Left foot forward
	2	HOLD
3	1	HOLD on Right and EXTEND Left foot back
	2	HOLD
4	1	STAMP Left across Right while BENDING forward
	2	STAMP Right to Right
5	1	STAMP Left across Right while BENDING forward
	2	HOLD
6	1	STAMP Right to Right, body STRAIGHTENS up
	2	STEP Left beside Right
7	1	STAMP Right to Right
	2	HOLD
8	1	STEP Left behind Right
	2	HOLD
9-16		Repeat Measures 1-8, Part D

Interlude (Face Center)

1	1	STEP Right to Right
	2	BEND Right knee
2	1	STEP Left beside Right
	2	BEND Left knee
3-4		Repeat Measures 1-2, Interlude

Part E

1-20		Repeat Part D and Interlude
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Dance notes by Ya'akov Eden