

VE HESHIV LEV AVOT

HADARIM VII - Chassidic
Side B - band 2

MUSIC: Traditional
DANCE:

Formation: Circle, facing center of circle, holding hands.

PART ONE

MOVING CCW

1 - 8 Two mayim steps (grapevine steps) to the right side.

MOVING INTO THE CENTER OF THE CIRCLE

9 - 11 Walk on right, left, and then jump on both feet together.
12 Hold.

13 - 16 Reverse 9-12, moving backward (back into circle), starting on left foot.

17 - 32 Repeat 1-16.

PART TWO

FACING CCW

1 - 4 Step on right forward, step on left together with right, step on right, and hold.

5 - 8 Reverse 1-4 starting on left foot forward.

9 - 12 Repeat 1-4.

13 - 16 Stamp in place (in back) on left foot and hold, then stamp in place (in front) on right foot and hold.

17 - 20 Repeat 5-8.

21 - 24 Repeat 1-4.

25 Stamp in place (in front) on left foot.

26 Stamp in place (in back) on right foot.

27 - 28 Stamp on left foot in back of right foot and hold.

29 - 56 Repeat 1-28.