Ba'ah Menucha

Translation: Rest Comes to the Toiler Choreography: Moshe Ashkenazi (Mussa) Meter: 4/4

Formation: Circle in a simple hold, face LOD (CCW)

Measure	Count	PART A—Face LOD, CCW			PART C – Face center and simple hand hold
1	1-4	4 steps FWD (R, L, R, L)	1	1–2	2 steps FWD – (R, L)
				3	Step R FWD while bending knees
2	1-2	Cross R over L			and raising arms
	3-4	Cross L over R		4	Step L back
3	1	Cross R over L, moving toward center	2	1-4	REPEAT measure 1, PART C, reverse direction
	2	Step L to L, L remains behind R			
	3	Cross R over L, moving toward center	3-4	1–6	Double Tcherkessia w/R
	4	Hold		7	Close R beside L
				8	Hold
4	1-4	REPEAT measure 3, PART A,			
		reverse footwork and direction	5-8		REPEAT measures 1–4, PART C
		REPEAT measures 1–4, PART A			
		PART B – Face center (hands on shoulders)			
1	1	Sway R to R			
	2	Hold			
	3	Sway L to L			
	4	Hold			
2	1-4	Sideway two-step R to R, step R to R close L			
		beside R, step R to R and hold			
3-4		REPEAT measures 1–2, PART B,			
		reverse footwork and direction			
5	1	Step R to R			
	2	Touch L behind R			
	3	Step L to L			
	4	Touch R to L			
6	1–3	3 step turn to R – (R, L, R)			
	4	Close L beside R			
7–8		REPEAT measures 5–6, PART B, reverse			
		footwork and direction			



