

# MECHOL GIBORIM

Translation: "Hero's Dance"    Choreography: Bentsy Tiram    Description by: Bea Montross    Rhythm: 4/4

## Measures

### PART 1

- 1            2 step-hops LOD (R, L)
- 2            2 running steps (R, L) (1, 2); jump on both feet (3); hop on L (4)
- 3            2 step-hops LOD (R, L)
- 4            Face center - Yemenite R (1-3); hop on R turning to face RLOD (4)
- 5-8         REPEAT measures 1-4 REVERSE footwork and direction

### PART 2

- 1-2         Double Tcherkessia, begin R crossing over L (1-6); stamp twice on R, no weight, R shoulders toward center. (7, 8)
  - 3            Jump on both feet, hop on R making 1/2 turn CW (1, 2)  
              Jump on both feet, hop on L (3, 4)
  - 4            Jump on both feet, hop on R making 1/2 turn CCW (1, 2)  
              Jump on both feet, hop on R facing center (3, 4)
  - 5            Step diagonally R toward center (1); clap hands to R (2)  
              Step diagonally L toward center (3); clap hands to L (4)
  - 6            REPEAT measure 5, PART 2
  - 7-8         Double Tcherkessia as in measures 1 - 2 PART 2
  - 9-10        REPEAT measures 5-6 backing out of center
  - 11-12      REPEAT double tcherkessia measures 1-2, PART 2
- REPEAT ENTIRE DANCE FROM BEGINNING

