El Harahat

(Israel)

Meaning: To the Well. The shepherd summons the sheep to the well and asks the well to give plenty of water.

Record: Tikva Records, T-24.

Formation: Circle, all facing center and standing next to partner, W. on the R.

Phrase

Part I

1. Each one bends diagonally to the L and claps own hands twice while stepping on the R ft, then the L ft in place. Then joining hands in circle, each one makes a 1/4 turn to the R and takes 6 running steps CCW.

2. Repeat phrase 1.

3. Hands still joined in circle, and facing the center, each one takes 4 steps twds the center, raising hands gradually; then 4 steps bkwd, lowering hands gradually.

4. Repeat phrase 3, ending by facing partners (M stepping in front of ptr so that they have their backs to the center, W still facing center).

Part II

1. Facing ptr, each one claps own hands twice in front of him. Then placing hands behind back, each one passes L shoulder of ptr with 6 running steps into ptr's place, ending by facing ptr.

2. Repeat Part II, phrase 1, each one getting back to his own place.

3. Interlocking R elbows with ptr, each one takes 7 steps CW around with ptr, ending by clapping own hands in his own place.

4. Repeat Part II, phrase 3, with L elbows interlocked.

(McFall Syllabus 1971-73)