MEY VAHEY (The Cows and Sheep are Shorn)  Dance: Yosy Gabriel
Music: Shalom

Formation: Couples face each other, men face CW, girls CW, in a circle. Right arms are bent to the side, join hands. MEN SWISH and SWISH both start with the same foot.

PART ONE

M 1: 1 running step to left; [girls halt,]
M 2: 1 fwd; leap on L fwd; [partners changed places] leap on both fwd; hop on L;
M 3-4: Reverse direction, girls run fwd, men hal.

PART TWO

STEP FOR MEN. Release hands

M 5: 1 1/4 turn on L and R to right side; [face the center of the circle] hold; leap on L to left side; R changes to L;
M 6: 1 to right side; 1 1/4 turn to right side; L to left side; 1/2 turn to left side;
M 7-8: Repeat X 5-6. On last count 1 1/4 turn.

STEP FOR GIRLS. Arms down; palms face fwd.

M 2: 1 fwd; [bend R knee] L in place; (on toe) Repeat;
M 6: Big step on R fwd; L fwd; R fwd; [bend knee, palms turn fwd] L fwd;
M 7-8: Repeat X 5-6

PART THREE

Partners face each other as in PART ONE. Join both hands and keep both knees bent for the next 4 measures. MEN move fwd, back, back, fwd, back. MEN.

M 9: Leap on R fwd; close L to R; R heel touches floor; R toe touches floor;
M 10-12: Repeat X 9 three more times;
M 13-14: Partners bring R arms around each other's waists, L arms are extended upward.

Revolve around moving CW.