

1986 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by Dani Dassa

MA - OZ
Israel

A spiritual dance reflecting hope in times of hardship. How strong are we?..As the Rock of Ages.

TRANSLATION: *Fortress (God) of strength*

PRONUNCIATION: *Mah-hoz*

CHOREOGRAPHER: *Dani Dassa*

MUSIC: ~~16~~ *16 Israel Dance LP*

FORMATION: Lines facing LOD and moving in LOD with hands joined in "V" pos.

METER: 4/4

PATTERN

Meas Cts

INTRODUCTION: *none*

PART I: Face LOD and move in LOD.

- | | | |
|-----|-----|---|
| 1 | 1-2 | Step R fwd. |
| | 3-4 | Step L fwd, <i>bush R fwd</i> |
| 2 | 1-4 | <i>walk</i>
Step R,L,R,L fwd (4 steps) |
| 3 | 1-2 | Step R-L turning 3/4 to R in LOD. End facing ctr. Release and rejoin hands during turn. |
| | 3 | Step R bkwd. |
| | 4 | Step L fwd. |
| 4 | 1 | Step R fwd. |
| | 2 | Step L bkwd. |
| | 3-4 | Close R to L; hold. |
| 5-8 | | Repeat meas 1-4. |

PART II: Face ctr.

- | | | |
|-----|----------------|--|
| 1 | 1-2 | Step R to R side (slow sway) <i>turn to face L of ctr</i> |
| | 3-4 | Step L to L side (slow sway). <i>Turn to face R of ctr</i> |
| 2 | 1-4 | Sway 4 more times faster (R,L,R,L). |
| 3 | 1 | Step R across L. |
| | 2 | Step L to L side. |
| | 3 | Step R behind L. |
| | 4 | Close L to R. <i>step L across R</i> |
| 4 | 1-4 | Stepping R to R side, sway R,L,R,L. |
| 5-8 | | Repeat meas 1-4. |

Continued...

*1 step R to R side
2 step L behind R
3-4 sway R, L.*

PART III:

- 1 1-2 Stamp R to R side with ~~ct~~ *slight dip (ct 1)*, *bounce on R*
 3 Step L behind R. *as L lifts*
 4 Step R to R side. *and (ct 2).*
- 2 1 Step L to L side.
 2 Lift R in front of L. *lift across R*
 3-4 Step R to R side; ~~hold~~ and release hands.
- 3 1 Step L to L turning 1/4 to R (L shldr twd ctr).
 2 Step R fwd turning 1/4 to R (face out).
 3 Step L across R turning 1/4 to R (R shldr twd ctr).
 4 Step R fwd. *in Rsd*
- 4 1 Step L to L side turning 1/4 to R (face ctr). *Rejoin*
 2 hands.
 3-4 Step R to R side. *yemente L.*
 Close L to R; hold.

NOTE: Exception - Due to musical interlude, after doing dance first time, at end of part III, instead of closing on meas 4, ct 3-4, step L across R, step R to R side, and repeat 7 times (8 in all) before beginning dance again. Afterward, dance is as is with no exceptions for 2 more times.

ENDING

After 3rd time thru continue Part I from meas 1-3, + meas 4, cts 1-2, then do as follows

- 4 3-4 Step R to R side *face and look diag L* (slow sway).
 5 1-2 Step L to L side *face and look diag R* (slow sway).
 3-4 Sway R-L (fast sway).
 6 1-2 *slide* Close R to L ~~hold~~ *w/ bent knees; straighten knees, hold, arms down.*