

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)

<u>MEASURES</u>	<u>COUNTS</u>	<u>DESCRIPTION</u>
PART A - Face LOD - CCW		
1	1-4	4 steps FWD R, L, R, L
2	1-2	Cross R over L
	3-4	Cross L over R
3	1	Cross R over L, moving toward center
	2	Step L to L, L remains behind R
	3	Cross R over L, moving toward center
	4	Hold
4	1-4	Repeat measure 3, Part A, reverse footwork and direction 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
PART C - Face center and simple hand hold		
1	1-2	2 steps FWD - R, L
	3	Step R FWD while bending knees and raising arms
	4	Step L back
2	1-4	Repeat measure 1, Part C, reverse direction
3-4	1-6	Double Tcherkessia w/R
	7	Close R beside L
	8	Hold
5-		Repeat measures 1-4, Part C

