

LECH, LECH LAMIDBAR

Source: Lech, Lech Lamidbar (“Let’s Go, Let’s Go Into the Desert”) is an easy circle dance using a grapevine step.

Formation: No partners needed. Hands joined in a single circle facing center.

PARTS

- 1 Leap lightly to the R onto the R foot (ct 1)
Cross R foot over R in front and put full weight on L foot (ct 2)
Step on R foot down beside L foot (ct 3)
All move to R w/2 step-together-steps (*step to L, bring R foot down beside L, step again to L, then R foot down*)

REPEAT PART 1, three more times (4 times total)

- 2 Jump on both feet, land on R foot kicking L foot straight FWD
Jump on both feet, land on L foot kicking R foot straight FWD
Move to L w/a grapevine step like this:
Cross R over L in front w/full weight
Step to L on L foot
Cross R in back of L w/full weight
Step to L on L foot

REPEAT PART 2, three more times (4 times total)

CUE: Jump, kick; jump, kick, 1, 2, 3, 4, etc.

- 3 Keep hands joined, bring them upward as all step FWD on R foot
Step BACK on L foot, bring R foot down beside L
Take 2 step-slides to the L

REPEAT one time. NOTE - *this is the only part in the dance that is done twice instead of 4 times.*

- 4 All move to the L w/an 7-step-grapevine step like this:
R in front of L (1) *R in front of L (5)*
L to L side (2) *L to L side (6)*
R in back of L (3) *R in back of L (7)*
L to L side (4)

Hop on L foot and REVERSE direction (8) and do a grapevine step to the R starting with the L foot in front.

REPEAT the 7-step-grapevine again to L and to R

REPEAT the entire dance from beginning.

