

Yedid Nefesh

(Israel)

Yedid Nefesh (YEH-deed NEH-fesh) was choreographed by Jonaton Gabai in the mid 1970's.

RECORD: "Back From Israel", Hadarim LP-8 (33) Side A/6; 3/4 meter
"Israeli Folk Dances", Hataklit MM30922, Vol 3 (33) Side B/1;
Worldtone WT 10021 (45) Side A.

FORMATION: Circle, facing LOD (CCW), hands joined in "V" position.

STEPS and Waltz*,
STYLING: Waltz Balance: Facing ctr, lift on L in preparation and take a broad step on R to R side (ct 1); step on L ball of ft behind R, bending knees (ct 2); step on R in place (ct 3). Step alternates. Style is smooth and flowing.

* Described in *Steps and Styling*, published by the Folk Dance Federation of California, Inc.

MUSIC	3/4 meter	PATTERN
Measures		
4 meas		<u>INTRODUCTION</u> No action.
		I. <u>TRAVELING IN LOD</u>
1		Beg R, dance one waltz step fwd in LOD.
2		Beg L and turning 1/2 CCW (ct 1), dance one waltz step bkwd in LOD.
3		Beg R, dance one waltz step bkwd in LOD.
4		Beg L and turning 1/2 CW (ct 1), dance one waltz step fwd in LOD.
5-8		Repeat meas 1-4.
		II. <u>CHORUS: IN AND OUT</u>
1		Turning to face ctr and beg R, dance one waltz step fwd, joined hands swinging fwd (low).
2		Dance one waltz step bkwd, joined hands swinging back to sides.
3		Releasing hands, take one waltz step toward ctr, turning 1/2 CW to end facing out.
4		Dance one waltz step bkwd, rejoining hands.
5-8		Facing out, repeat meas 1-4, moving away from ctr.
		III. <u>TRAVELING TURN</u>
1-2		Turning to face LOD and beg on R, dance two waltz steps fwd.
3		Continuing to travel fwd in LOD, dance one waltz step, making one full turn CW.
4		Facing LOD, step fwd on L (ct 1); step bkwd on R (ct 2); step on L beside R (ct 3).
5-8		Repeat meas 1-4.

IV. CHORUS: IN AND OUT

1-8 Repeat Fig. II.

V. WALTZ BALANCE

- 1-2 Turning to face ctr, dance a Waltz Balance step to the R and to the L.
3 Step toward ctr on R ball of ft (ct 1); touch ball of L beside R (no wt) (ct 2), hands swinging naturally fwd about waist height; hold (ct 3).
4 Beg L, dance one waltz step bkwd, hands returning to "V" pos.
5-8 Repeat meas 1-4.

VI. CHORUS: IN AND OUT

1-8 Repeat Fig. II.

VII. WALTZ BALANCE

1-8 Repeat Fig. V.

Repeat entire dance from beginning one or two times depending on the music.