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;
"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 STYLING: Waltz*,
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.

<table>
<thead>
<tr>
<th>MUSIC</th>
<th>3/4 meter</th>
<th>PATTERN</th>
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<tbody>
<tr>
<td>Measures</td>
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<tr>
<td>4 meas</td>
<td>INTRODUCTION No action.</td>
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I. TRAVELING IN LOD

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. CHORUS: IN AND OUT

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. TRAVELING TURN

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.