

Mechakot

(Israel)

Mechakot (meh-ha-KOHT) means “Waiting.” Michael Barzelai created this dance in memory of Yaniv Sarudi at the request of Yaniv’s sister Nofar. Yaniv was working at the Nova Music Festival in Re’im, Israel, on October 7, 2023, when terrorists attacked. He took away one of the terrorists’ weapons and provided coverage while eight other people filled his car. Despite being shot twice, he managed to drive the others to safety, but he succumbed to his wounds. Aaron Alpert presented this dance at Stockton Folk Dance Camp in the summer of 2024.

Music: 4/4 meter Contact Aaron Alpert: aaron@nirkoda.com.

Video: 2024 SFDC. To view Aaron Alpert dancing, contact someone who attended Stockton Folk Dance Camp who paid for access to the videos. There are also dozens of videos on YouTube of the choreographer and others teaching and dancing this dance. Search for “Mechakot.”

Formation: Circle of dancers facing CCW. No handhold; arms down at sides.

Steps & Styling: Slow, quiet, sad.

R Yemenite: Step R to R (ct 1); step L slightly bkwd (ct 2); step R in front of L (ct 3); hold (ct 4).

L Yemenite: R Yemenite with opp ftwk and direction.

Grapevine: Step R to R (ct 1); step L in front of R (ct 2); step R to R (ct 3); step L behind R (ct 4).

Side-behind Grapevine: Step R to R (ct 1); step L behind R (ct 2); step R to R (ct 3); step L in front of R (ct 4).

L Cherkassiya: Step L fwd (ct 1); step back in place onto R (ct 2); step L bkwd (ct 3); step fwd in place onto R (ct 4).

Meas	4/4 meter	PATTERN
4 meas	INTRODUCTION. No action.	
	I. MOVING CCW.	
1	Facing CCW, step R fwd (ct 1); touch L next to R (ct 2); step L fwd (ct 3); quarter-turn L to face ctr and touch R next to L.	
2	Facing ctr, Side-behind Grapevine moving CCW.	
3	Step R to R (ct 1); hold (ct 2); step on ball of L behind R, facing CW, bending R knee and bending slightly at the waist, arms opening slightly below waist (ct 3); step back onto R (ct 4).	
4	Step L to L, straightening R leg and standing straight, still facing CW (ct 1); hold (ct 2); step R in front of L while raising R arm up and across above head (ct 3); step back in place onto L (ct 4).	
	II. TRANSITION.	
1	Facing ctr, R Yemenite (cts 1-3); pivot on R to face CCW (ct 4).	
2	Beg L, walk three steps fwd CCW (cts 1, 2, 3); hold (ct 4).	
	III. GRAPEVINE AND LEAN.	
1	Arms down at sides, Grapevine moving CCW (cts 1-4).	
2	Facing ctr, sway R while raising both arms above head, slightly to R (ct 1); hold (ct 2); beg L, full turn L with two steps (cts 3, 4), while bringing arms down to sides.	
3-4	Repeat meas 1-2 with opp ftwk and direction.	
5	Facing ctr with hands at waist ht, step R to R (ct 1); pivot on R to R to face CCW (ct 2); step L to L, twd ctr (ct 3); step R behind L (ct 4).	

Mechakot – continued

- 6 Repeat meas 5 with opp ftwk, continuing to move twd ctr.
- 7 Facing ctr, step R fwd (ct 1); step L fwd, bringing hands sharply down (ct 2); step bkwd onto R (ct 3); lift L and begin lifting arms (ct 4).
- 8 Beg L, three steps backing away from ctr while raising arms above head (cts 1, 2, 3); hold (ct 4), bringing hands down to sides.

IV. FACING OUT AND IN, MOVING TO CENTER.

- 1 Beg R, three steps in a small CW arc to R to face out (cts 1-3); hold (ct 4).
- 2 L Cherkassiya, bending at waist, arms extending fwd, on ct 1 and rising with arms moving back out to sides on ct 3.
- 3 Repeat meas 1 with opp ftwk and direction to face twd ctr.
- 4 Beg R, three large steps twd ctr, both arms making two large circles from down to fwd to up (cts 1, 2, 3); hold (ct 4).
- 5 L Yemenite while bringing L hand to chest (cts 1-3); hold (ct 4).
- 6 Beg R, three steps bkwd, keeping L hand on chest (cts 1, 2, 3); hold (ct 4).
- 7 Beg L, full turn L with three steps, moving away from ctr, gradually lowering L hand to side (cts 1, 2, 3); hold (ct 4).
- 8 Sway R to R (ct 1); sway L in place (ct 2); step R next to L, bringing both hands up to overlap on chest (ct 3); hold (ct 4).

Sequence: Each figure as written above is done twice, and the dance is done twice.

Lyrics

(Note: “ch” in transliterated Hebrew is a hard “H”)

Transliteration

Translation

Laila tov lechol hamechakot le'or yare'ach
Chalomot tovim ve lo lidog, ze yavo
Hayayin meshaker li, ose li lekavot

A good evening to all the women that wait for moonlight
Good dreams and don't worry, it will come
The wine lies to me, makes me hope.

Ve shuv lo hayita badelet
Ve shuv hitarganti sha'ot
Hayita sho'el oti ma balev sheli
Ma balev sheli hayom

And again you weren't at the door
And again I prepared for hours
You would ask me what is in my heart
What is in my heart today

Ve eich lo ratzita lishmoa
Ve eich lo ratzita lirot
Ma balev sheli, ma balev sheli
Ma bo'er etzli betoch

And how you didn't want to hear
And how you didn't want to see
What is in my heart, what is in my heart
What is burning within me

Nafalti lashamayim lo hitzlachti la'alot
Im ata me'ir t'dmaot sheli lama besha'a kazot?
Atzamti t'einayim ve bikashti batfilot
Hayita sh'oel oti ma balev sheli
Ma balev sheli hayom

I fell into the heavens and could not rise
If you wake up my tears, why at such an hour?
I closed my eyes and ask in prayer that
You would ask me what is in my heart,
What is in my heart today

Layla tov lechol mi shekamoni lo nirdemet
Sama et harosh ve en al mi lehisha'en
Tagid li ma yihye iti, ma yihye basof?

A good night to all who like me cannot sleep
Putting down your head and there isn't anyone to lean on
Tell me what will be with me, what will be the end?