

Shir Mikol Halev (P)

Song From The Whole Heart. 1998. Avi Perez.

Part 1

- Start facing **a** on opposite feet. Hold inside hands. Steps are for boy. Girl is mirror except where noted.
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|-------|-------------|---|
| 1-4 | lrlr | Going a : Open grapevine with ¼ turn c on last 2 steps to face each other. |
| 5-6 | lr | Step b , rock f . |
| 7-8 | lr | ¼ turn c while moving o with girl on r and scrolling the girl who does ¼ turn a . Both finish facing c with boy on o . |
| 9-12 | lrlr | Step on the spot for 4 steps while turning ¼ turn c to face i . Girl does 1¾ turns c . Boy unwraps the girl for the first turn and the second turn is under the boy's l hand. Finish facing each other. |
| 13-16 | lrlr | Paso Doble. Finish in standard hold. |
| 17-18 | lr | Step f , rock b . |
| 19-20 | lrl- | Cha-cha going backwards and i . |
| 21-22 | rl | Step b , rock f . |
| 23-24 | rlr- | Cha-cha going forwards and o . |
| 25-28 | lrlr | Cherkessia. |
| 29-30 | lr | Going a : Full pressure turn c . |
| 31-32 | lr | Going a : Open, cross f . Girl does full turn c under boy's l hand. <i>Alternatively this can be another full pressure turn.</i> |

Repeat **Part 1**.

Part 2

- Facing each other. Boy facing **o**. Hold opposite hands together in front at shoulder height.
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|-------|-------------|--|
| 1-2 | lr | Balance, balance. |
| 3-4 | lrl- | Going c : crossing cha-cha. |
| 5-8 | | Repeat 1-4 starting on r and going a . |
| 9-10 | lr | Step b , rock f . |
| 11-12 | lr | Going o : walk, walk. Girl does walk, touch. Both on same feet now. Moving o with girl on r . Arms go overhead. r arm extended to side holds girl's r arm for the next 2 steps. |
| 13-14 | lr | Balance, balance. |
| 15-16 | lrl- | Going c : crossing cha-cha facing o with girl behind boy. |
| 17-18 | rl | Balance, balance. |
| 19-20 | rlr- | Going a : crossing cha-cha facing o with girl in front of boy. |
| 21-24 | lrlr | Full push turn c . Finish facing partner and o . |
| 25-28 | lrlr | Cross f , rock b , open, cross f to touch girl's foot with r . |
| 29-30 | rl | ¾ turn c . Girl does 1 ¼ turn c . Both finish facing a holding inside hands. |
| 31-32 | rlr- | Cha-cha. Girl does walk, walk. Now on opposite feet again. |

Start **Part 1** again. On the second time through, repeat **Part 2**.

Jack Steel's step notation (see <http://www.israelidances.com/StepsLegend.pdf> for explanation of the codes):

$\{G_{T1}R_{bi}T_{o2}W.R_{bo}T_{i2}[R_{o3}bi]R_{o}TS_X\}_o[BX_X]R_{bi}W_o[BX_X]S_{Tc}X_{ct}T_{a3t}^{\parallel\alpha}n/\alpha\}$
L. W W. W W. B Z . W B B. B Z . B B, B Z . W, W W.