

Halev Nitpas (C)

The Heart is Caught. 2007. Rafi Ziv.

Part 1

		Start facing a .
1-4	rlrl	Open grapevine.
5-6	rl	Going a : full turn c .
7-8	rlr-	Cha-cha.
9-10	lr	Walk with ¼ pivot a , open. Now facing i .
11-12	lrl-	Behind and in front. Finish facing a .
13-14	rl	Hop while lifting l knee up (camel hop), step and clap hands.
15-16	rl	Repeat 13-14 but with 2 claps on second beat.

Part 2

		Facing a .
1-2	rl	Balance, balance.
3-4	rlr-	Going i : crossing cha-cha.
5-6	lr	½ turn a .
7-8	lrl-	Behind and in front.

Repeat **Part 2** going **o** facing **c**. Then repeat **Part 1** and **Part 2** twice. After 2nd time through, finish facing **i**.

Transition

		Facing i .
1-4	rlrl	Full push turn a .

Part 3

1-2	br	Small hop onto both feet with knees bent and legs apart (like a “sit” action), hop. Arms out to sides and move down and up in a circle during these steps and the next 2.
3-4	lrl-	Behind and in front.
5-6	rl	Balance, balance with ¼ pivot a . Now facing c .
7-8	rl	Going i : open, cross b .
9-10	rr	Open with a hop, hop with ¾ pivot c .
11-12	lrl-	½ turn back Yemenite (or cha-cha) to finish facing i .
13-14	rl	Small hop forward with l leg behind and raised, rock b and clap.
15-16	rl	Repeat 13-14 moving forward but with 2 claps on second beat.
17-18	rr	Hop, hop with ½ pivot c . Now facing o .
19-20	lrl-	Back Yemenite.
21-22	rr	Hop, hop while doing full turn a .
23-24	lrl-	Back Yemenite (or cha-cha).
25-26	rrl-	Kick, ball, step.
27-28	rl	Balance, balance.
29-32	rlrl	Box step, but do ½ pivot a on last step to finish facing i .

Repeat **Part 3**.

Start **Part 1** again. After 2 times through, finish facing **i** with feet together and rotate hips, knees bent to the closing beats. Spiral **r** arm above head.

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

{GT_a3a&'_{T'1}&Qa{B_oX_{Xi}T'₂&}_c}S_{T'}
L. W B Z. B Z 2B. B Z B Z. W,
{Z_h&B_{T'1}S_{bi}S_{hT2i}T_{3li}S_{ij}S_{hT2}3.S_{ohT'2}3.D_{oS}BS_{XT'2}}
B Z B B. B Z 2B. B Z B Z. Z B W.