

# Machshavot (P)

Thoughts. 2005. Yaron Ben Simchon.

## Part 1

		Start outside feet (boy <b>l</b> ). Face <b>a</b> . Steps are for Boy. Girl is mirror. Hold inside hands. Note start is 2 beats after singing starts.
1-4	<b>lrlr</b>	Step, sweep, step, sweep.
5-8	<b>lrlr</b>	Open grapevine.
9-12	<b>lrlr</b>	Facing partner: Open, touch, open, touch.
13-16	<b>lrlr</b>	Paso Doblé. Boy now on <b>o</b> facing <b>i</b> .
17-18	<b>lr</b>	Step <b>i</b> to <b>r</b> of girl, rock <b>b</b> .
19-20	<b>lrl-</b>	Going <b>o</b> : cha-cha while ½ turn <b>a</b> .
21-22	<b>rl</b>	Step <b>o</b> to <b>l</b> of girl, rock <b>b</b> .
23-24	<b>rlr-</b>	Going <b>i</b> : cha-cha while ½ turn <b>c</b> .
25-28	<b>lrlr</b>	Cherkessia.
29-32	<b>lrlr</b>	Full turn <b>c</b> in standard hold in Lambada step.
33-36	<b>lrlr</b>	Open with ½ pivot <b>a</b> to face <b>o</b> , walk, walk, ½ pivot <b>a</b> to face <b>i</b> .
37-40	<b>rlr-</b>	Going <b>i</b> : walk, walk, walk, pause.
41-44	<b>lrlr</b>	Open, balance, cross <b>b</b> , rock <b>f</b> . Girl does a push turn <b>a</b> .
45-48	<b>lrlr</b>	Paso Doblé. Boy now on <b>i</b> .

Repeat **Part 1**.

## Part 2

		Facing each other holding hands going <b>a</b> .
1-2	<b>lrl-</b>	(Avi Perez) open, close, open (going sideways in cha-cha rhythm),
3-4	<b>rl</b>	Cross <b>b</b> with ¼ pivot <b>c</b> , rock <b>f</b> and ¼ pivot <b>a</b> .
5-8		Repeat 1-4 going <b>c</b> on other foot and pivot in other direction.
9-12	<b>lrlr</b>	Open grapevine.
13-16	----	Facing partner, twisting action on both feet, starting with twist to <b>l</b> , then <b>r</b> , then <b>l</b> , then <b>r</b> . Girl starts twists to <b>l</b> . While twisting, bend knees. Hold hands in front while pushing <b>r</b> when twist to <b>l</b> and vice versa.
17-20	<b>lrlr</b>	Step <b>b</b> , rock <b>f</b> , step, step (on spot). During the last 2 beats girl does a ½ turn <b>a</b> while boy wraps girl. Now both facing <b>o</b> .
21-24	<b>lrlr</b>	Step <b>b</b> , rock <b>f</b> , step, step (on spot). During the last 2 beats girl does a ½ turn <b>c</b> while boy unwraps girl to finish facing boy on <b>o</b> .
25-28	<b>lrlr</b>	Paso Doblé. Boy now on <b>o</b> .
29-32	<b>lrlr</b>	Paso Doblé. Boy now on <b>i</b> .

Repeat **Part 2**.

## Transition

1-4	<b>lrlr</b>	Open, cross <b>b</b> , open (pull back), walk <b>f</b> .
5-6	<b>lr</b>	Pressure turn <b>c</b> .
7-8	<b>lr</b>	Open, cross <b>f</b> while girl does full turn <b>c</b> .

Start **Part 1** again.

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

$\{W_s G_{T1} S_s R_{biTo2} [R_{iT'2} 3_o] R_i T_1 W_{T'2p} W_{ri} B R_{boTi1} R_{bc}\} o$   
 $L+2. 2B \quad W. \quad 2B \quad W. \quad B \quad Z. \quad W \quad 2B. \quad W \quad Z. \quad B \quad W \quad B.$   
 $\{[S_c X_{br}] a G_{T1} \{[U'_{1+}]\} \{R_{bi} W.\} \{R_{biTo2} j_i\} S_{bf} T S_X\}$   
 $Z \quad B. \quad W \quad I \quad . \quad B \quad B. \quad W. \quad W \quad B \quad B$