

# Halev Nitpas (C)

The Heart is Caught. 2007. Rafi Ziv.

## Part 1

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

## Part 2

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

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

## Transition

		Facing <b>i</b> .
1-4	<b>rlrl</b>	Full push turn <b>a</b> .

## Part 3

1-2	<b>br</b>	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	<b>lrl-</b>	Behind and in front.
5-6	<b>rl</b>	Balance, balance with ¼ pivot <b>a</b> . Now facing <b>c</b> .
7-8	<b>rl</b>	Going <b>i</b> : open, cross <b>b</b> .
9-10	<b>rr</b>	Open with a hop, hop with ¾ pivot <b>c</b> .
11-12	<b>lrl-</b>	½ turn back Yemenite (or cha-cha) to finish facing <b>i</b> .
13-14	<b>rl</b>	Small hop forward with <b>l</b> leg behind and raised, rock <b>b</b> and clap.
15-16	<b>rl</b>	Repeat 13-14 moving forward but with 2 claps on second beat.
17-18	<b>rr</b>	Hop, hop with ½ pivot <b>c</b> . Now facing <b>o</b> .
19-20	<b>lrl-</b>	Back Yemenite.
21-22	<b>rr</b>	Hop, hop while doing full turn <b>a</b> .
23-24	<b>lrl-</b>	Back Yemenite (or cha-cha).
25-26	<b>rrl-</b>	Kick, ball, step.
27-28	<b>rl</b>	Balance, balance.
29-32	<b>rlrl</b>	Box step, but do ½ pivot <b>a</b> on last step to finish facing <b>i</b> .

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<sub>a</sub>3a&'<sub>T'1</sub>&Qa{B<sub>o</sub>X<sub>Xi</sub>T'<sub>2</sub>&}<sub>c</sub>}S<sub>T'</sub>**  
L. W B Z. B Z 2B. B Z B Z. W,  
**{Z<sub>h</sub>&B<sub>T'1</sub>S<sub>bi</sub>S<sub>hT2i</sub>T<sub>3li</sub>S<sub>ij</sub>S<sub>hT2</sub>3.S<sub>ohT'2</sub>3.D<sub>oS</sub>BS<sub>XT'2</sub>}**  
B Z B B. B Z 2B. B Z B Z. Z B W.