

HINEH MAH TOV

(how good it is)

Israel, choreography Rivka Sturman.

V hold, in circle.

1. $\left\| \begin{array}{c} \xrightarrow{\hspace{10em}} \\ \underline{\underline{R}} \underline{\underline{L}} \underline{\underline{R}} \underline{\underline{L}} \quad \underline{\underline{R}} \underline{\underline{L}} \underline{\underline{R}} \underline{\underline{L}} \quad \underline{\underline{R}} \underline{\underline{L}} \underline{\underline{R}} \underline{\underline{L}} \end{array} \right\| \times 2$
 * f f f

2. $\left\| \begin{array}{c} \xrightarrow{\hspace{10em}} \\ \underline{\underline{R}} \quad \underline{\underline{L}} \underline{\underline{R}} \underline{\underline{L}} \quad \underline{\underline{R}} \quad \underline{\underline{R}} \underline{\underline{L}} \underline{\underline{R}} \quad \underline{\underline{L}} \underline{\underline{R}} \underline{\underline{L}} \end{array} \right\| \times 2$
 s Yem tch Yem Yem

REPEAT 1.

3. $\left[\left\| \begin{array}{c} \uparrow \\ \underline{\underline{R}} \underline{\underline{L}} \underline{\underline{R}} \underline{\underline{L}} \end{array} \right\| \times 2 \quad \begin{array}{c} \xrightarrow{\hspace{10em}} \\ \underline{\underline{R}} \underline{\underline{L}} \underline{\underline{R}} \underline{\underline{L}} \end{array} \left\| \begin{array}{c} \downarrow \\ \underline{\underline{R}} \underline{\underline{L}} \underline{\underline{R}} \underline{\underline{L}} \end{array} \right\| \times 2 \quad \begin{array}{c} \xrightarrow{\hspace{10em}} \\ \underline{\underline{R}} \underline{\underline{L}} \underline{\underline{R}} \underline{\underline{L}} \end{array} \right\| \times 2$
 f Yem Yem b Yem Yem

Slowly raise arms, keep straight lower arms.

* Israeli walk, bend knees.