

Aghchka Jerazanke—continued.

5-8 Repeat meas 1-4.

FIGURE 3. (Facing ctr.)



- 1 1 Cross R over L, make an inward turn with both hands until both palms of the hands point to the R. At the same time, the R arm is stretched to the R, and the L hand is brought in front of the R shldr (L elbow down).
- 2 Cross L over R, repeat the arm movements of ct 1 in opp direction with opp arm movements.
- 3 Step on R to ctr.
- & Step on L to ctr.
- 4 Step on R to ctr, R knee bent.
The arms are brought up with a kind of "lifting" movement (starting down) during cts 3, &, 4, to come to the position as described in the next meas.
- 2 1 Step on ball of L ft behind R. The R arm ends in a vertical "V" pos, the L arm is bent, L hand next to R side of face. Palms of hands were facing body, ending with a turn of both hands twds the body. Palms of hands both end facing R.
- 2 Step back on R (R knee bent).
- 3 Step on ball of L ft behind R.
- 4 Step back on R (R knee bent).
During meas 2 the arm pos remains unchanged.
- 3  Small leap onto ball of L ft, facing diag L, moving out.
-  Close R beside L, bend both knees, full feet.
Repeat this movement three times (total 4x), but end closing R beside L without wt. During this meas, the R arm comes slowly down, while the L arm is lifted up coming from down to a 110° vertical pos, palm of L hand facing down, elbow slightly bent.
- 4 Repeat meas 3 with opp ftwork, moving out facing diag R.
- 5-8 Repeat meas 1-4.

FIGURE 4.

- 1 1,& Pivotstep with R in place, start turn 1/4 CCW.
- 2,& Repeat ct 1,&.
- 3 Step on R across L, finish the 1/4 turn CCW (R knee bent).
During these 3 cts, the arms come from a movement resembling "saying prayer" with the fingertips touching, to the final pos on ct 3. The L arm ends horizontal to L, the R arm horizontal fwd, palms of both hands facing up.
- 4 Rest.
- 2 Repeat meas 1 in opp direction with opp ftwork, making 1/2 turn CW, end facing LOD.
- 3 1-2 Repeat figure 3, meas 1, ct 1-2.
- 3-4 Again.

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- 4 1-2 Pivotstep on R in place, starting full turn CCW.
Arms do the movement described in Fig 3, meas 2, and stay in place during the whole meas.
- 3-4 Pivotstep on R in place, ending full turn CCW.
- 5-8 Repeat meas 1-4.

CLOSURE.

- & Ft together, facing ctr, knees bent.
- 1 Stretch both knees and end the arms in the position described in Fig 3, meas 2.

SEQUENCE.

- Fig 1-4 two times.
- Fig 3, meas 1-4.
- Closure.

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