Achot Lanu Kitana

(Israel)

Achot Lanu Kitana (Little Sister) was choreographed by Israel Yakovee to a traditional Yemenite melody.

Pronunciation:

Cassette: Israel Yakovee '93

Formation: Circle of dancers facing center. Hands clasped tightly in front, arms bent at elbow, bodies closely adjacent—debka-style.

Cts	Pattern
	INTRODUCTION
	PART I
1-2	Step fwd on R; hold.
3-4	Touch heel of L ft and fall on L.
5-8	Repeat cts 1-4.
9-10	Repeat cts 1-2.
11	Close ft.
12	Small kick with R ft fwd.
13-16	Walk bkwd on R, L, R, and step back on L.
17-64	Repeat cts 1-16 three more times (total of 4 sets).
	PART II
	Release hand hold. Arms up in W-pos.
1-2	Leap fwd on R; hold.
3-4	Walk fwd on L, R.
5-8	Touch heel of L while turning 1/2 CCW; leap on L to face outside of circle.
9-12	Walk on R, L, R, and hold.
13-16	Walk on L, R, L while turning 1/2 CCW to face ctr; hold.
17-64	Repeat cts 1-16 three more times (total of 4 sets).
	PART III
1-2	Touch heel of R ft to R; hold.
3	Leap on R to R.
4	Step on L across in front of R.
5-6	Dip with R to R side (sideways).
7	Touch heel of L ft to L.
8	Fall on L ft.
9-12	Walk on R, L, R, hold.
13-16	Step back on L; step on R to R; cross L over R; hold.
17-64	Repeat cts 1-16 three more times (total of 4 sets).

Presented by Israel Yakovee