

AHAVA ATIKA
(Israel)

This is a couple dance which is translated as "Ancient Love." The music is by Nava Gefen, and the dance was choreographed by Eliyahu Gamliel.

Pronunciation:

Record: Blue Star 79.
Rhythm: 7/8, counted as $\frac{123}{1}$, 12, 12
Dancers' cts $\frac{1}{1}$ 2, 3

Formation: Cpls in one circle, W on M's R side, all facing ctr, moving CCW.

Basic Step:

Meas 1 Skip on R fwd (ct 1); step on L fwd (ct 2); step on R fwd (ct 3).
2 Repeat action on opp ft.

Meas

Pattern

- Part 1. Face ctr, move to R, CCW
- 1 Skip on R ft to R side (ct 1); cross with L in back of R (ct 2); step with R to R side (ct 3).
 - 2 Facing LOD, Basic step with L ft.
 - 3 Skip on R twd ctr turning to face ctr (ct 1); step on L twd ctr with bent knee (ct 2); step on R bkwd (ct 3).
 - 4 Basic step on L bkwd away from ctr.
 - 5-16 Repeat action of meas 1-4 three more times (four in all).
- Part 2.
- Section A. Ptrs turn to face each other in one circle, not joining hands, arms are raised high to the sides.
- 1 Skip on R ft to R (ct 1); deep cross with L in front of R turning slightly to R side (ct 2); step on R bkwd (ct 3).
 - 2 Repeat action of meas 1 with reversed ftwk and direction.
 - 3 Skip on R fwd, R shldr of ptrs adjacent, R hands joined and bent at shldr level (ct 1); cross L slightly in front of R with a big step and turn slightly to R, as L palms of ptrs touch high above heads and as ptrs look at each other (ct 2); step on R in place (bkwd) (ct 3).
 - 4 Basic step with L bkwd to end in former pos.
 - 5-8 Repeat action of meas 1-4.
- Section B. Ptrs cross hands in back, R hands at waistline, L hands at ptr's L hip.
- 1-4 With four Basic steps starting with R, cpls make two complete turns CW in place.
- Section C. W "escapes," M follows her in the circle in LOD (CCW).
- 1 Basic step with R ft, the W makes a complete turn CW, the M fwd.
 - 2 Basic step with L ft, the W fwd, M makes a complete turn CW.
 - 3-4 Repeat action of meas 1-2.

AHAVA ATIKA (continued)

- Transitional Section: One circle, face ctr, hands joined, tempo slows down.
- 1 Step on R to R (ct 1); cross L in front of R (ct 2); step on R in place (bkwd) (ct 3).
 - 2 Repeat action of meas 1 reversing ftwk and direction.
 - 3 Step on R fwd twd ctr (ct 1); step on L fwd twd ctr with bent knee (ct 2); step on R in place (bkwd) (ct 3).
 - 4 Step on L bkwd (ct 1); step on R bkwd (ct 2); step on L bkwd (ct 3).
 - 5-8 Repeat action of meas 1-4.

Presented by Ya'akov Eden