

AL YADIL
(Israel)

Dance based on authentic Arabic dance elements. Choreographed by Moshiko Halevy in 1968 and introduced in 1974.

Pronunciation:

Music: Dance with Moshiko, MIH-3, side 2, band 1.
2/4 meter.

Formation: Lines, hands held low.

- | <u>cts</u> | <u>Pattern</u> |
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| | <u>PART I.</u> Face ctr. L ft is flat on floor in front of R. |
| 1-8 | Tap L toe eight times. |
| 9-12 | Stamp L twice, next to R (cts 9,&); stamp L, and immediately brush (lift) it fwd (ct 10); swing L back in air, knee bent (L next to R knee) (ct 11); stamp L, slightly fwd, no wt (ct 12). |
| | <u>PART II.</u> Face diag R, move CCW. |
| 1-2 | Step L in front of R (ct 1); step R slightly to R, bending R knee slightly (ct 2). |
| 3-6 | Repeat action of cts 1-2, (Part II) twice more. |
| 7-8 | Touch L across R (ct 7); touch L out to L side (ct 8). |
| 9-32 | Repeat action of cts 1-8 (Part II) three more times. |
| | <u>PART III.</u> Face diag R, hands high. |
| 1-2 | Step L fwd (around circle) (ct 1); hop on L, and step R fwd (ct 2). |
| 3-16 | Repeat action of cts 1-2 (Part III) seven more times. |
| | <u>PART IV.</u> Hands down, face diag R. |
| 1-2 | Step L heel fwd, bending both knees (ct 1); step R fwd, at same time twisting L ft to L, using heel as a pivot (ct 2). Keep knees bent, body maintains fairly constant level. |
| 3-16 | Repeat action of cts 1-2 (Part IV) seven more times. |
| | <u>PART V.</u> Face diag R. |
| 1-2 | Touch L fwd (ball of ft)(ct 1); touch L bkwd (ball of ft)(ct 2). |
| 3-16 | Repeat action of cts 1-2 (Part V) seven more times. |
| | <u>PART VI.</u> Face ctr, hands on shldr. |
| 1-4 | Step L heel fwd; then close R next to (and slightly behind) L with accent (L knee comes up on the close) (cts 1,&); repeat twice more (cts 2-3); stamp L next to R, with wt (ct 4). |
| 5-8 | Three steps bkwd, beginning R (cts 5-7); stamp L in place, no wt (ct 8). |
| 9-32 | Repeat action of cts 1-8 (Part VI) three more times. |

AL YADIL (continued)PART VII. Face ctr, hands on shldrs.

- 1-4 Jump four times in place (cts 1-4).
- 5-8 Fall on L ft in place, knee bent (ct 5); slap R ft, slightly fwd, knee slightly bent with wt (ct &). Repeat action of cts 5,& (Part VII) twice more (cts 6,&,7,&). Repeat action of ct 5 (Part VII), (ct 8).
- 9-32 Repeat action of cts 1-8 (Part VII) three more times.

To repeat dance, step on R (ct 1); and start tapping on ct 2.

Presented by Moshiko Halevy