

AVRAHAM AVINU

(Avraham, Our Father)

Dance: Shmulik Gov-Ari

Music: Avihu Medina

Meter: 4/4

Formation: Circle, with hands joined in simple hold.

PART I - Face CCW.

- 1-4 Stamp R, hold, Sway L, sway R
- 5-8 Step L across R, hop on L, step R to R, step L behind R
- 9-10 Step R to R, step L across R
- 11-12 Hop on L twice, kicking R in front of L and then behind L.
- 13-14 Step R,L
- 15-16 Close R to L rising on toes and twisting to L and R
- 17-18 Step R, hold
- 19-20 Leap onto L to face out of circle, step R
- 21-22 Step L, hold.
- 23-24 Leap onto R to face in, step L
- 25-26 Stamp R, hold.
- 27-29 Yem. L.
- 30-32 Small leap onto R, step L, stamp R next to L.
- 33-40 Rpt. 25-32
- 41-48 Yem. R, Yem. L
- 49-52 Moving to ctr. step R,L,R, hold.
- 53-56 Moving out of center: step L bwd, hold, chug bwd on both, stamp R.
- 57-112 Rpt. 1-56

PART II - Facing center.

- 1-2 Debka step fwd w/R
- 3-4 Jump on both fwd & bwd with knees slightly bent.
- 5-8 Rpt. 1-4 and turn 1/4 turn to R to face CCW (L shoulder to center)
- 9-10 Leap onto R to R, step L across R
- 11-12 Leap onto R to R, step L behind R.
- 13-14 Step-hop on R, making 3/4 turn to R to face center.
- 15-16 Yem. L.
- 17-28 Rpt. 1-12
- 29-32 Sway R,L and turn to L w/R,L to face out of circle.
- 33-64 Rpt. 1-32 moving out of center.

PART III - Face center.

- 1-4 Tcherk. R moving the hands in a figure-8 type motion (like Rikdi)
- 5-6 1/2 turn to R w/R,L to face out of circle.
- 7-8 Hop on L, step R
- 9-12 Step L in place, step R fwd, Step L in place, step R bwd (with hand motion as described above)
- 13-14 Step L close R to L.
- 15-16 Clap hands. Hold.
- 17-32 Rpt. 1-16 and end facing center.

Dance repeats twice through Parts I, II, III (cts. 1-10 only), then

- 11-12 Hop L and turn to face center, step R
- 13-14 Step L, close R to L.
- 15-16 Clap. Hold.

Instructions by Laurie Markus