

Balada Lama'Yam

(Israel)

Balada Lama'Yam, meaning "a song about spring," was choreographed by Shlomo Maman to music by Moshe Wilensky.

Pronunciation:

CD: D. Edery-Israeli Folk Dance—1999

4/4 meter

Formation: Circle facing CCW, hands joined.

Counts

Pattern

INTRODUCTION

PART I

- 1-4 Step fwd on R, knee bent; rock bkwd on L; rock fwd on R; touch L toes fwd, knee straight.
- 5-8 Repeat cts 1-4 with opp ftwk.
- 9-10 Releasing hands, step fwd on R making 1/4 turn to face out, bending knee; touch L to L and fwd, straightening R knee.
- 11-12 Repeat cts 9-10 with opp ftwk, turning to face ctr and rejoining hands.
- 13-14 Full turn CW with R, L in LOD, ending facing ctr.
- 15-16 Step on R with balance to R; step on L with balance to L.
- 17-20 Repeat cts 13-16, ending facing ctr.
- 21-22 Step on R toes to R; step on L across in front of R, bending knee.
- 23-24 Step on R toes to R; step on L behind R, bending knee.
- 25-48 Repeat cts 1-24.

PART II

- 1 Facing ctr, step on R diag into ctr to R, bending knee.
- 2-3 Sway bkwd on L and fwd onto R.
- 4 Brush L fwd, circling it to the L.
- 5-8 Repeat cts 1-4 with opp ftwk.
- 9-10 Step sway with R to R, bending knee; step on L in place.
- 11-12 Step-bend on R to ctr, raising arms; step bkwd on L in place, lowering arms.
- 13-14 Step bkwd on R, bending knee; pull L flat ft to R, straightening knee and taking wt.
- 15-16 Repeat cts 13-14.
- 17-32 Repeat cts 1-16.

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