Hamangina Hayeshana (C)

Old Melody. 1989. Israel Shiker.

Part 1

		Start facing **a**.
1-6	**r-lrl-**	Walk, lift body up on pause, walk, walk, walk, pause.
7-8	**rl**	¾ turn **c** to face **i**.
9-14	**r-lrl-**	Going **i**: Walk, lift body up on pause, walk, walk, walk, pause.
15-16	**rl**	½ turn **c** to face **o**.
17-20	**rllr**	Walk, touch, walk, touch.
21-24	**rlrl**	½ turn **c** in 2 (now facing **i**), step **b**, rock **f**.
25-30	**rlrlrl**	Open, cross **b**, rock **f**, open, cross **b**, rock **f**.
31-32	**rl**	Full turn **c** while going **a**.

Part 2

1-4	**rlrl**	Open, cross **b**, open, cross **f**.
5-8	**rlr-**	Full turn **c**.
9-16		Repeat 1-6 but starting on other foot and turn **a**.
17-22	**rlrlrl**	Open, cross **b**, rock **f**, open, cross **b**, rock **f**.
23-24	**r-**	Step **i**, pause.
25-28	**lrl-**	Behind and in front with a ¼ turn **c**.
29-32	**rlrl**	¾ turn **c** to finish facing **i**. *On repeat:* full turn **c** to face **a**.

Repeat **Part 2**.

Part 3

		Facing **a**.
1-2	**rl**	Step, rock **b**.
3-4	**rlr-**	½ turn **c** in Cha-cha step.
5-6	**lr**	½ turn **a**.
7-8	**lrl-**	½ turn **a** in cha-cha step.
9-10	**rl**	Cross **f**, rock **b**.
11-12	**rl**	½ turn **c**.
13-14	**rl**	Cross **b**, open.
15-16	**rlr-**	Cha-cha. (facing **a**).
17-20	**l-rl**	Balance **i**, pause, balance **o**, open **i**.
21-24	**rlr-**	Cross **f** (to face **i**), walk, walk, pause (in step together step rhythm).
25-28	**lrl-**	Behind and in front going **o**.
29-32	**rlrl**	Full turn **c**.

Repeat **Part 3**.

Start **Part 1** again.