

LEAN NOSHEVET HARUACH
(Israel)

Choreographed by Rivka Sturman

Pronunciation: leh-AHN no-SHEH-vet hah-ROO-a(k)h

Music: Hadarim LP-1, Side 2, Band 2. 4/4 meter.

Formation: Circle with hds joined, facing CCW.

<u>Cts</u>	<u>Pattern</u>
4 meas	<u>Introduction.</u>
	<u>PART I.</u>
1-6	Step-hop on R to R; take 4 grapevine steps in LOD: step L across R, step R to R side, step L behind R, step R to R side.
7-8	Step L across R; lift on L ft.
9-12	Do 4-step turn to R, moving in LOD: step R, L, R, L, ending with wt on L across R ft.
13-16	Step R in place; step on L to L, facing ctr; place R heel on floor to the R, body leaning to the L; hold.
	<u>PART II.</u>
	Facing ctr.
1-4	Leap lightly on R ft to R, lifting body up on R toe; step L across R; step on R to R, leaning to R; hold.
5-8	Repeat cts 1-4, Part II, opp.
9-10	Step sdwd to R on R, bending R knee, body bent slightly fwd; hold.
11-12	Repeat cts 9-10, Part II, opp.
13-16	Bending fwd, take 4 running steps in LOD, R, L, R, L.

Presented by Shlomo Bachar