

NAD I LAN
(Israeli Circle Dance)

Record: Vanguard Folk Songs by the Karmon Israeli Singers and Dancers
VRS-9048A, Band 8 "Tapuach Hineni."

Formation: No partners. Hands joined in circle facing center.

The Dance: This is a very subtle dance and should be done in that fashion.
The first movement starts with the first word of the singing.

- I.
 1. Step on R ft, point L ft over in front of R, then swing L ft around behind R and step on it. Step on R on R ft, swing L ft in front of R and step on it. (NOTE: This much of the dance is just like "miserlou.")
 2. Facing LOD step fwd on R ft and balance back on L ft and take 4 light running steps RLRL, ending facing center. Balance to R stepping on R ft., then to L stepping on L ft, and then four fast balances RLRL. (There is a very subtle sway of the body on these balances.)

REPEAT 1 and 2.
- II.
 1. Step On R ft twd center and do a modified hop or lift on R ft facing LOD as you hop, and then step on L ft and hop on L still facing LOD. Then step on R ft again and hop on R facing RLOD, then step on L and hop on L facing center.
 2. Step fwd on R ft and bk on L ft and close R ft to L ft. Step fwd on L ft, bk on R ft and close L to R. (These look like rocking steps.)
 3. Repeat 1.
 4. Still facing center hold hands high and step on R ft to R, and close L ft to R ft slowly. Then lower hands and step to left on L ft and close R ft to L ft.
 5. Face LOD and do a R, hop, L, hop, and continuing LOD but dancing backwards do another R, hop, L, hop, ending the last hop facing center.
 6. Go forward on R ft, back on L ft and close R to L. Then fwd on L, back on R and close L to R. (Same as 2.)
 7. Repeat 5.
 8. Still facing center, raise arms high again and step to R with R ft, close L ft to R, then Step-close to L. Arms are still held high.

LOWER ARMS AND START DANCE OVER.

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8. Still facing center, raise arms high again and step to R with R ft, close L ft to R, then Step-close to L. Arms are still held high.

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