

KUMU VENA'ALE
Circle Dance

192

Translation: Come and Go Up
Dance: Ya'akov Eden
Meter: 4/4
Formation: Circle in a simple hold LOD-CCW

<u>MEAS.</u>	<u>CTS.</u>	<u>DANCE DESCRIPTION</u>
<u>Part A</u> (face center) (slow melody)		
1	1-2	2 steps fwd R,L, twd center
	3	Step R fwd. Bring arms up
	&	Step L fwd
	4	Touch R heel fwd
2	1-4	Repeat meas. 1, Part A. Reverse direction (arms go down and up)
3	1	Step R to R in LOD
	2	Step L behind R
	3	Step R to R
	&	Step L across R
	4	Step R to R
	&	Touch L heel to L
4		Repeat meas. 3, Part A. Reverse footwork and direction
5-8		Repeat meas. 1-4, Part A
<u>Part B</u> (hands in W hold) (faster melody)		
1	1-4	Grapevine to R w/ G steps: R to R, L behind R, R to R, L across
2	1-2	R, R to R, L behind R
	3	Step R to R
	&	Step L behind R. Bending L knee while lifting R w/ bent knee
	4&	Repeat cts. 3&, meas. 1, Part B
2	1-3&	Repeat cts. 1-3&, meas. 1, Part B
	4	Leap onto R while L is lifting in front of R w/ bent knee
3-4		Repeat meas. 1-2, Part B. Reverse footwork and direction
5-8		Repeat meas. 1-4, Part B
<u>Part C</u> (face center)		
1	1-3	3 steps fwd. R,L,R
	4	Lift L fwd
2	1	Step L diag across R
	2	Step R back
	3&	Repeat cts. 1-2, meas. 2, Part C. Twice as fast
	4	Repeat ct. 1, meas. 2, Part C
3	1-3	Repeat cts. 1-3, meas. 2, Part C
	4	Extend L fwd while turning a half turn to R on R. End facing out
4	1-2	2 steps fwd. L,R
	3	Leap onto L while turning a half turn to R. End facing center
	4	Touch R heel fwd w/ arms up
5-8		Repeat meas. 1-4, Part C
<u>Part D</u> (face center)		
1	1	Step R to R
	2	Step L behind R
	3	Repeat cts. 1-2, Part D. Twice as fast
	4	Leap onto R while L is lifted in front of R w/ bent knee

KUMU VENA'ALE (cont.)

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<u>MEAS.</u>	<u>CTS.</u>	<u>DANCE DESCRIPTION</u>
2		Repeat meas. 1, Part D. Reverse footwork and direction
3	1	Step R across L
	2-3	In a crossed position shift weight to L and R
	4	Swing L in front of R w/ bent knee
4	1-2	Repeat cts. 2-3, meas. 3, Part D
	3	Leap onto L in place
	4	Touch R heel fwd. arms up
5-8		Repeat meas. 1-4, Part D
1-8		Repeat Part C
1-8		Repeat Part D

Ending

1	1	Step R fwd
	2-3	Two-step w/ L fwd
	4	Touch R heel fwd arms up

Presented by Ya'akov Eden