

TOV LALECHET BADRACHIM
Circle Dance

Translation: It's Good to Walk On the Roads
Dance: Shlomo Maman
Meter: 4/4
Formation: Circle in a simple hold

<u>Measures</u>	<u>Counts</u>	<u>Description</u>
<u>Part A</u>		
1	1-2	2 Steps fwd. R, L, toward center
	3	Step R fwd. w/bent knee while raising arms
	4	Step L back in place while lowering arms
2	1-2	2 Steps back R, L
	3	Step R back w/bent knee while raising arms
	4	Step L fwd. in place
3	1	Leap R to R while lifting L w/bent knee in front of R
	2	Cross L over R.
	3-4	Repeat cts. 1-2, Meas. 3, Part A
4	1	Step R in place
	2-4	3 Hops on R while turning a full turn to R
<u>Part B</u>		
1	1	Leap L across R
	2	Leap R back
	3-4	Repeat cts. 1-2, Meas. 1, Part B
2	1-2	Step-hop L fwd. in LOD
	3-4	Fast two-step R fwd.
3	1	Step L to L toward center
	2	Close R beside L.
	3	Step L to L w/bent knee, lean to L and snap fingers
	4	high to L Hold
4	1-2	2 Step turn - R, L., 3/4 turn to R away from center,
	3	end facing center
	4	Jump on both feet
5-8		Hop on R while lifting L
		Repeat Meas. 1-4, Part C, reverse footwork

Blue Star 1980

