

ADAMA ADMATI

Couple Dance

F-35

Translation: Earth, My Earth  
Dance: Se'adya Amshi  
Meter: 4/4  
Formation: Couples in a circle, all join hands in a simple hold,  
W on M's R, face LOD

(contid.)

ADAMA ADMATI (continued)

<u>Measures</u>	<u>Counts</u>	<u>Description</u>
<u>Part A</u>		
1	1-4	4 running steps R,L,R,L in LOD
2	1	Hop on L while R touches across L
	2	Hop on L while R kicks diag. fwd to R
	3	Repeat ct. 1, meas. 2, Part A
	4	Repeat ct. 2, meas. 2, Part A, turn 1/2 CW while hopping, end facing RLOD
3-4	1-8	Repeat meas. 1-2, Part A, reverse directions
5-8		Repeat meas. 1-4, Part A
<u>Part B</u>		
1	1-4	2 step-hops R,L toward center, arms are raised with movement
2	1-4	4 running steps back R,L,R,L
3-4		Repeat meas. 1-2, Part B
<u>Part C</u>		
1	1	Cross R over L, R arm crosses in front of body to L
	2	Step L in place
	3	Step R to R, face center
	4	Repeat cts. 1-3, meas. 1, Part C, reverse
2	1-2	footwork
	3-4	Repeat cts. 1-2, meas. 1, Part C
3	1-4	4 step turn CW R,L,R,L; end w/arms on shoulders
4	1-4	4 bounces in place
5-8		Repeat meas. 1-4, Part C; on ct. 4, meas. 8, M turns 1/4 CW and W turns 1/4 CCW; partners face each other
<u>Part D</u>		
1	1	Step R to R away from partner (M steps out)
	2	Close L beside R
	3-4	Repeat ct. 1-2, meas. 1, Part D
2	1	Run R to R
	2	Cross L over R
	3-4	Jump on both feet and land on R
3	1-4	Repeat meas. 1, Part D, reverse footwork and directions
4	1-2	2 step turn CCW L,R (high leap w/R)
	3-4	Jump on both feet and land on L
5	1-4	4 running steps toward partner R,L,R,L
6-7	1-8	8 buzz steps w/R