

ADAMA VESHAMAYIM
(Land and Sky)

Dance: Gadi Biton
Music: Lehakat Sokol **Meter:** 4/4
Formation: Circle facing center.

PART A

1 Bending low at waist, step R to R swinging arms to R.
2 step L across R swinging arms to L
3-4 Rpt. 1-2
5-6 Straighten and repeat 1-2 moving hands to R above head.
7-8 Rpt. 5-6
9-12 2 full turns to R with 4 steps R,L,R,L and face CCW.
13-16 Tcherk R moving arms fwd with palms up in a scooping motion.
17-20 Face center: R to R, L behind R, R to R, L across R.
21-22 Sway R,L
23-24 Full turn to R with R,L
25-26 Step R fwd and chug on R.
27-28 Yem. L bwd.
29-30 Step R fwd and pivot to L to face out.
31-32 Rpt. 29-30 to complete 'basketball' turn to L.
Note: this part does not repeat the first time through the dance.

PART B1

1&2 Yem. R
3-4 Full turn to L twd center with L,R
5&6 L-tog-L fwd to center.
7-8 ½ turn to R with R,L moving out of circle and face out.
9-16 Rpt. Cts. 1-8 with same footwork, but moving in opp. direction and end facing CCW.
17-18 Sway R,L.
19&20 R-tog-R across L.
21&22 Sway L,R,L
25-28 Turn to L with L,R,L and face out of circle.
29-32 Sway R, sway L, close R to L and clap hands.

PART B2 - Face out of circle.

1-16 Rpt. Part B1, cts. 1-16 in opp. direction and end facing CW
17-32 Rpt. Part B1, cts. 17-32 moving out of circle and end facing center.

SEQUENCE: 1st time – Part I is only once, thereafter, it is repeated twice.