

AL SADENU (Circle Dance)

Translation: On Our Field
Dance: Bentsy Tiram
Meter: 3/4
Record: Dances by Bentsy Tiram (Orange cover)
Formation: Circle with hands joined high, face center

<u>Measure</u>	<u>Counts</u>	<u>Description</u>
		<u>Part A</u>
1-2	1-6	Double Tcherkessia (R to R)
3	1-3	3 sways R,L,R
4	1	Cross L over
	2-3	2 steps in LOD R,L
5-8		Repeat meas. 1-4, Part A
		<u>Part B</u>
1	1-2	2 steps into center
	3	Brush R heel fwd while lifting on L
2	1-3	Repeat meas. 1, Part B
3-4	1-6	Double Tcherkessia (R to R)
5	1-3	3 step turn R,L,R; turn CW away from center and end facing LOD
6	1	Step L fwd while bending knees
	2	Step R in place
	3	Step L back while bending knees
7-8	1-6	Grapevine R to R
9-16		Repeat meas. 1-8, Part B

Ya'akov Eden Weekend
March 31 - April 1, 1979
Miami Valley Folk Dancers
Dayton, Ohio