

AM SEGULA
Circle Dance

Translation: Chosen Nation
Dance: Ya'akov Dekel
Meter: 4/4
Formation: Circle, arms on neighbor's shoulders, face center

<u>Measures</u>	<u>Counts</u>	<u>Description</u>
<u>Part A</u>		
1	1	Step R to R
	2	Step L behind R
	3-4	Close R beside L and hold
2	1-4	2 slow sways R,L
3-8		Repeat meas. 1-2, Part A, 3 more times
<u>Part B</u>		
1	1	Step R to R as body turns to L
	2	Step L behind R
	3-4	Hold
2	1	Step R to R as body turns to R
	2	Step L over R
	3-4	Hold
3-4		Repeat meas. 1-2, Part B
5=	1	Step R to R as body turns to L; hands in a simple hold
	2	Step L behind R
	3	Step R to R as body turns to R
	4	Step L over R bending body fwd
6	1-4	2 step-hops R,L as body straightens
7-8		Repeat meas. 5-6, Part B
<u>Part C</u>		
1	1-2	Jump on both and land on R to R
	3	L behind R
	and	R to R
2-4		Repeat meas. 1, Part C, 3 more times