

AM SGULA  
(Israel)

SOURCE: Ya'akov Dekel, choreographer, Blue Star 1984  
TRANSLATION: Chosen Nation  
PRONUNCIATION:  
MUSIC: Blue Star 84  
FORMATION: Circle dance in shldr hold

METER: 4/4

PATTERN

Meas Cts

Introduction:

PART A: Shoulder hold

1	1	Step R to R
	2	Step L behind R
	3-4	Close R beside L and hold
2	1-4	2 sways R,L
3-8		Rpt meas 1-2 Part A, 3 more times (4 times in all)

PART B: Should hold

1	1	Step R to R
	2	Step L behind R
	3-4	Hold
2	1	Step R to R
	2	Step L across R
	3-4	Hold
3-4		Rpt meas 1-2 Part B
		NOTE: Change to a simple hold
5	1-4	Grapevine to R: R to R, L behind, R to R, L across
6	1-4	2 step-hops R,L
7-8		Rpt meas 5-6 Part B

PART C: Simple hold

1	1-2	Jump on both feet and land on R
	3-4	Step L behind R and scissor fwd R,L
2-4		Rpt meas 1 Part C 3 more times (4 times in all)

Presented by Ya'akov Eden