

ANA BEKOACH
(Please, with Your strength)

Dance: Gadi Biton **Meter:** 4/4
Music/Singer: Ovadya Hamama **Lyrics:** Mekorot
Formation: Circle facing center.

Counts

PART IA

1-4 Step and sway R to R, step and sway L to L.
5-8 Turn to R with R,L,R and face center.
9-12 L across R, R to R, L behind R and lift R.
13-16 R behind L, L to L, R across L and pivot on R to R to face out of circle.
17-32 Rpt. 1-16 with opp. footwork facing out of circle and end facing center.

PART IB

1-4 R to R opening arms to side, L across right, crossing arms and snapping fingers.
5-8 Yem. R and pivot on R to face CCW.
9-12 Fwd L,R,L and hold.
13-16 Sway R,L and pivot to L to face CW, close R to L and hold while crossing arms at wrists and snapping fingers.
17-18 Step on R to R and hold lifting L with bent knee and raising arms.
19-20 L behind R, R to R and face center.
21-22 L fwd, back on R.
23-24 Turn to L out of circle with L,R and face center.
25-26 Step back on L and face slightly to L snapping fingers to L.
27-28 Rpt. 25-26 with opp. footwork continuing to move bwd.
29-32 Yem. L bwd, hold.

REPEAT 1A & 1B

PART II

1-4 R fwd raising R arm, hold, step back on L, R to R.
5-8 Rpt. 1-4 with opp. footwork, direction and arm.
9-12 Full turn fwd to center with R,L,R, hold.
13-14 Step L fwd and hold raising arms with fingers extended upward.
15-16 Step back on R lowering arms and pivot to L to face out of circle, step L fwd.
17-32 Rpt. 1-16 facing out of circle.

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