

**AVRAHAM AVINU**  
(Avraham, Our Father)

**Dance:** Shmulik Gov-Ari

**Music:** Avihu Medina

**Meter:** 4/4

**Formation:** Circle, with hands joined in simple hold.

PART I - Face CCW.

1-4 Stamp R, hold, Sway L, sway R  
5-8 Step L across R, hop on L, step R to R, step L behind R  
9-10 Step R to R, step L across R  
11-12 Hop on L twice, kicking R in front of L and then behind L.  
13-14 Step R,L  
15-16 Close R to L rising on toes and twisting to L and R  
17-18 Step R, hold  
19-20 Leap onto L to face out of circle, step R  
21-22 Step L, hold.  
23-24 Leap onto R to face in, step L  
25-26 Stamp R, hold.  
27-29 Yem. L.  
30-32 Small leap onto R, step L, stamp R next to L.  
33-40 Rpt. 25-32  
41-48 Yem. R, Yem. L  
49-52 Moving to ctr. step R,L,R, hold.  
53-56 Moving out of center: step L bwd, hold, chug bwd on both, stamp R.  
57-112 Rpt. 1-56

PART II - Facing center.

1-2 Debka step fwd w/R  
3-4 Jump on both fwd & bwd with knees slightly bent.  
5-8 Rpt. 1-4 and turn 1/4 turn to R to face CCW (L shoulder to center)  
9-10 Leap onto R to R, step L across R  
11-12 Leap onto R to R, step L behind R.  
13-14 Step-hop on R, making 3/4 turn to R to face center.  
15-16 Yem. L.  
17-28 Rpt. 1-12  
29-32 Sway R,L and turn to L w/R,L to face out of circle.  
33-64 Rpt. 1-32 moving out of center.

PART III - Face center.

1-4 Tcherk. R moving the hands in a figure-8 type motion (like Rikdi)  
5-6 1/2 turn to R w/R,L to face out of circle.  
7-8 Hop on L, step R  
9-12 Step L in place, step R fwd, Step L in place, step R bwd (with hand motion as described above)  
13-14 Step L close R to L.  
15-16 Clap hands. Hold.  
17-32 Rpt. 1-16 and end facing center.

Dance repeats twice through Parts I, II, III (cts. 1-10 only), then

11-12 Hop L and turn to face center, step R  
13-14 Step L, close R to L.  
15-16 Clap. Hold.

Instructions by Laurie Markus