

AHAVA ATIKA
(ISRAEL)

This is a couple dance which is translated as "Ancient Love". The music is by Nava Gefen and the dance was choreographed by Eliyahu Gamliel.

Pronunciation: ah-ha-VAH ah-tee-KAH

Record: Blue Star 79. (LP, side B, band 2) Rhythm is 7/8, counted as 123 12 12, or 1 2 3.

Formation: Cpls in one circle, W on M's R side, all facing center with hands joined in "V" pos.

Basic Step:(in 7/8 notation) - step R (ct 1,2), hop R (ct 3), step L (ct 4,5), step R (ct 6,7).
(in 1,2,3 notation) - step-hop R (ct 1), step L (ct 2), step R (ct 3)

The next basic step would start with step-hop on L.
NOTE: This step is done continuously throughout the whole dance.

Notation: The description is written in the 1,2,3 notation.
The term XIF means cross in front, XIB means cross in back.

Meas

Introduction: One long note plus 10 meas.

Part I

- A 1 Beginning R, do a step-hop to R side (ct 1), step L XIB (ct 2), step R to side (ct 3).
2 Face LOD and do 1 basic step fwd (L-hop,R,L).
3 Face center and step R-hop moving fwd, step fwd L bending knee, step back R. Bend elbows and allow hands to raise easily to about shoulder level on the fwd step, ct 2.
4 Basic step moving bkwd (L-hop, back R, back L).
5-16 REPEAT meas. 1-4 3 more times (4X total). At end of last time, release hands and turn to face ptr in a single circle.

Part II

- B 1 Raising arms high to the sides, step R-hop to own R; step L XIF bending knee, turning slightly twd R, and touching R forearms lightly; step R back to place.
2 REPEAT meas. 1 with opp ftwk and direction, touching R forearms on ct 2. Join R hands on ct 3.
3 Step fwd R-hop, bringing joined R hands up to about shoulder level, swinging L hands up over head, and facing ptr on the hop (ct 1); step fwd L bending knee, looking at ptr and touching L palms above head-level (ct 2); step R in place (ct 3).
4 Release hands and do one basic step moving backwards (L-hop,R,L). End M facing LOD, W RLOD.
5-8 REPEAT Part II, meas 1-4 as above, but retain joined R hands to facilitate next part.

Continued...

- Part III
- C 1-4 Take Cross-back pos with ptrn (hook R elbows and reach behind ptrn's back to join R hand with ptrn's L hand) and turn twice around CW in place with 4 basic steps, both beginning R. On the 4th basic, release ML,WR hands; W raise R arm high and turn CCW to face LOD.
- 5 Release MR, WL hands. Ptrns move individually in LOD with one basic step, W making one turn CW, M following ptrn.
- 6 Continue in LOD, one basic step, M turning CW, W moving straight fwd. W keep eye contact with ptrn as much as possible. (On meas 5,6 M hold arms high, W down near sides)
- 7,8 REPEAT Part III, meas 5,6 as above. At end rejoin hands in original circle, facing center.

- PART IV
- D 1 Step-hop R to side, step L XIF, step R back into place.
- 2 Step-hop L to side, step R XIF, step L back into place.
- 3 Step-hop R to center, step fwd L bending knee, step R bkwd.
- 4 Step-hop L bkwd, step bkwd R, step bkwd L.
- 5-8 REPEAT Part IV, meas 1-4.
- 9-12 REPEAT Part IV, meas 1-4 again.

Dance repeats from the beginning as above, except that Part IV is done only twice (meas 1-8 only).

On third repeat, the dance ends on ct 1 of meas 3 of Part IV.

Dance notes by Ned Gault

*Taught by Marian and Ned Gault
- as presented by Ya'akov Eden
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Taught by Marian and Ned Gault
Camp Hess Kramer
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