

DO NOT BE AFRAID

AL TIRA (Dance of Strength)

Dance: Jonathan Karmon

Music: Zeira

Tikva LP 69

Formation: Circle, face center, bend fwd, arms down

PART ONE

- 1: R to right side. Swing arms to right side
- 2: Hold
- 3: L to left side, swing arms to left side
- 4: Hold
- 5: Leap on R to right side
- 6: L crosses in front of R
- 7-8: Tap twice with right heel next to L
- 9: Face CCW. Lift body. Leap on R fwd
- 10: 2 running steps fwd LR
- 11: 2 running steps fwd LR
- 12: L fwd
- 13-16: Repeat 9-12
- 17-32: Repeat 1-16

PART TWO

- 1: Face center. Release hands. Step R in place
- 2: Hop on R. Kick L fwd, arms fwd, palms up
- 3-4: 2 running steps in place LR, arms down
- 5-6: 2 running steps fwd LR
- 7: Leap on L fwd and 1/4 turn to left side (face CW)
- 8: R stamps next to L
- 9: R to right side big step
- 10: Hold
- 11: L to left side
- 12: Close R to L
- 13: L to left side
- 14: Leap on R while turning 3/4 to left side, end up facing center

Continued...

- 15: L in place
16: Close R to L

PART THREE

- 1-2: Arms on each other's shoulders. Balance R
3-4: Balance L
5: Face CCW. Leap R fwd
6: Run L fwd
7: Leap R fwd
8: Run L fwd
9-16: Repeat 1-8