

CIRCLE FROM SARID
Israel

Beginner

RECORD:

TYPE: Circle, shoulder hold.

INTRODUCTION: None.

A. Fwd R, back L, R, pause (1&2). With bent knees, jump facing right, then left (34).

In place: Fwd R, back L, back R, fwd L, fwd R, back L, touch R, pause (1&2&3&4).

REPEAT ALL.

B. Fwd R, back L R L R L R, pause (1&2&3&4). (Let arms slide to a hand hold).

Do 3 times: L, R behind. L, hop (1&2&3&4&).

Do 4 times: R, L behind (1&2&3&4&).

Do 4 times: Fwd R, close L (1&2&3&4&). (Let arms slide back to a shoulder hold.)