

## LEAN NOSHEVET HARUACH

Circle dance, facing in twd Ctr, hands joined down. R footed dance.

Pattern: verse 1, verse 2.

Verse 1.

## PART I

Counts 1-8 are common to both verses.

- |    |      |   |   |
|----|------|---|---|
| 1  | R    | } | stamp hop to side, around Ccw, high hop.  |
| 2  | R    |   |   |
| 3  | L    | } | Mayim around Ccw.   |
| 4  | R    |   |   |
| 5  | L    |   |   |
| 6  | R    |   |   |
| 7  | L    | } | step hop across over R, around Ccw. Then release hands.   |
| 8  | L    |   |   |
| 9  | R    | } | step-pivot around Ccw, turning a full circle CW, through Ccw, out from Ctr, and Cw, hands down.   |
| 10 | L    |   |   |
| 11 | R    |   |   |
| 12 | L    |   | step across over R, around Ccw, facing in twd Ctr.  |
| 13 | R    |   | sway to side, around Ccw.   |
| 14 | L    |   | sway to side, back to place.  |
| 15 | (R)  |   | touch heel to side, around Ccw, leg straight, body rotated to face diag Ccw-Ctr, leaning back Cw. |
| 16 | hold |   |   |

## PART II

- |    |      |   |   |                         |
|----|------|---|---|-------------------------|
| 1  | R    |   | spring to side, around Ccw, on toe, hands joined down.            |                         |
| 2  | L    |   | step across over R, around Ccw.                                   |                         |
| 3  | R    |   | sway to side, around Ccw.   |                         |
| 4  | hold |   |   |                         |
| 5  | L    | } | around Cw, reversing 1-4.   |                         |
| 6  | R    |   |   | spring to side, on toe. |
| 7  | L    |   |   | step across over L.     |
| 8  | hold |   | sway to side.   |                         |
| 9  | R    | } | sway to side, around Ccw, bending slightly fwd.                   |                         |
| 10 | hold |   |   |                         |
| 11 | L    | } | sway to side, around Cw, bending slightly fwd.                    |                         |
| 12 | hold |   |   |                         |
| 13 | R    | } | run fwd, around Ccw, facing Ccw.                                  |                         |
| 14 | L    |   |   |                         |
| 15 | R    |   |   |                         |
| 16 | L    |   | step in place, turning to face in twd Ctr, bending knee slightly. |                         |

Verse 2.

## PART I

1-8: repeat verse 1, PART I, 1-8, then release hands.

- |    |   |   |   |
|----|---|---|---|
| 9  | R | } | run fwd, twd Ctr, facing in twd Ctr.                                    |
| 10 | L |   |   |
| 11 | R | } | step hop fwd, twd Ctr, turning CW through Ccw to face out from Ctr.     |
| 12 | R |   |   |
| 13 | L | } | run fwd, out from Ctr, facing out from Ctr.                             |
| 14 | R |   |   |
| 15 | L |   |   |
| 16 | L |   |   |
|    |   |   | step hop fwd, out from Ctr, turning CCW through Ccw to face in twd Ctr. |
|    |   |   | reversing 9-12.   |

*Continued...*

## PART II

1-12: repeat verse 1, PART II, 1-12.

13 R

14 L

15 R

16 L

} run back, out from Ctr, and clap with each step.

close

[Alt: Instead of 13-16 of PART I, reverse verse 1, PART I, 13-16, facing out from Ctr. Then reverse verse 1, PART II, 1-12, facing out from Ctr. Then finish with verse 2, PART I, 13-16, clapping with first three steps.]