

Side 1, band 6

YA ABUD

Dance: Moshiko. Music: Arabic. Record: MIH 3. Style: All steps bouncy.  
Formation: line, arms on shoulders, facing center.

- | <u>MEAS:</u> | <u>PATTERN:</u>   |
|--------------|---|
| 1            | Moving to R, step R to R (ct 1), close L to R (ct 2), repeat 1-2 seven more times (cts 3-16).   |
| 2            | Stamp R next to L (ct 1), step R fwd (ct 2), step L fwd (ct 3), stamp R next to L (ct 4), repeat, moving bwds (cts 5-8), repeat cts 1-8, Meas 2 (cts 9-16).   |
| 3            | Hop on L, swing R fwd, leg straight, ft perpendicular to leg (ct 1), hop on L, swing R back from the knee (ct 2), repeat ct 1, meas 2 (ct 3), place R flat on floor, R leg straight, bend L knee slightly (ct 4), step L in place (ct 4), repeat cts 1,2,3,4, meas 3 seven more times (cts 5-16). |
| 4            | Change arm pos to hands joined at shoulder height, slightly fwd, rock fwd on R moving slightly to R, pushing hands a few inches fwd (ct 1), cross L behind R, almost sliding it along floor, return hands to position, rock back (ct 2), repeat cts 1-2, meas 4 seven more times (cts 3-16).      |
| 5            | Moving slightly to the R, jump on both ft, R ft slightly fwd, knees bent, L diag back (ct 1), jump back on both ft twice, bending knees (ct 2 &), repeat cts 1,2 & seven more times (cts 3-16).   |
| 6            | Lower hands, jump on both ft, R ft fwd (ct 1), jump on both ft, L ft fwd (ct 2), jump onto L ft, R in air (near L knee) (ct 3), stamp R next to L (sharply) (ct 4), repeat 1-4, meas 6, three more times (cts 5-16).  |
| 7            | 3 leaping steps, moving R start on R (cts 1-3), stamp L (sharply), knees and body bent (ct 4), repeat cts 1-4, meas 7 to L side (cts 5-8), repeat cts 1-8, meas 7 (cts 9-16).   |