

Achot Lanu Kitana

(Israel)

Achot Lanu Kitana (Little Sister) was choreographed by Israel Yakovee to a traditional Yemenite melody.

Pronunciation:

Cassette: Israel Yakovee '93

Formation: Circle of dancers facing center. Hands clasped tightly in front, arms bent at elbow, bodies closely adjacent—debka-style.

Cts

Pattern

INTRODUCTION

PART I

- 1-2 Step fwd on R; hold.
- 3-4 Touch heel of L ft and fall on L.
- 5-8 Repeat cts 1-4.
- 9-10 Repeat cts 1-2.
- 11 Close ft.
- 12 Small kick with R ft fwd.
- 13-16 Walk bkwd on R, L, R, and step back on L.
- 17-64 Repeat cts 1-16 three more times (total of 4 sets).

PART II

Release hand hold. Arms up in W-pos.

- 1-2 Leap fwd on R; hold.
- 3-4 Walk fwd on L, R.
- 5-8 Touch heel of L while turning 1/2 CCW; leap on L to face outside of circle.
- 9-12 Walk on R, L, R, and hold.
- 13-16 Walk on L, R, L while turning 1/2 CCW to face ctr; hold.
- 17-64 Repeat cts 1-16 three more times (total of 4 sets).

PART III

- 1-2 Touch heel of R ft to R; hold.
- 3 Leap on R to R.
- 4 Step on L across in front of R.
- 5-6 Dip with R to R side (sideways).
- 7 Touch heel of L ft to L.
- 8 Fall on L ft.
- 9-12 Walk on R, L, R, hold.
- 13-16 Step back on L; step on R to R; cross L over R; hold.
- 17-64 Repeat cts 1-16 three more times (total of 4 sets).

Presented by Israel Yakovee