

ADAMA ADMATI
(Israel)

This is a couple dance which translates as "Earth, My Earth."
It was choreographed by Se'adya Amshi.

Pronunciation:

Record: Blue Star 78 4/4 meter.

Formation: Cpls in a circle, all join hands in a simple hold, W on M's R, face LOD.

<u>Meas</u>	<u>Cts</u>	<u>Pattern</u>
<u>Part A.</u>		
1	1-4	Four running steps R,L,R,L in LOD.
2	1	Hop on L while R touches across L.
	2	Hop on L while R kicks diag fwd to R.
	3	Repeat action of ct 1, meas 2.
	4	Repeat action of ct 2, meas 2, turn 1/2 CW while hopping, end facing RLOD.
3-4	1-8	Repeat action of meas 1-2, reversing direction.
5-8		Repeat action of meas 1-4.
<u>Part B.</u>		
1	1-4	Two step-hops R,L twd ctr, arms are raised with movement.
2	1-4	Four running steps bkwd R,L,R,L.
3-4		Repeat action of meas 1-2.
<u>Part C.</u>		
1	1	Cross R over L, R arm crosses in front of body to L.
	2	Step L in place.
	3	Step R to R, face ctr.
	4-)	Repeat action of cts 1-3, reversing ftwk.
2	1-2)	
	3-4	Repeat action of cts 1-2, meas 1.
3	1-4	Four-step turn CW R,L,R,L; end with arms on shldrs.
4	1-4	Four bounces in place.
5-8		Repeat action of meas 1-4. On ct 4, meas 8, M turns 1/4 CW and W turns 1/4 CCW; ptrs face each other.
<u>Part D.</u>		
1	1	Step R to R away from ptr (M steps out).
	2	Close L beside R.
	3-4	Repeat action of cts 1-2.
2	1	Run R to R.
	2	Cross L over R.
	3-4	Jump on both ft and land on R.
3	1-4	Repeat action of meas 1, reversing ftwk and direction.
4	1-2	Two-step turn CCW L,R (high leap with R).
	3-4	Jump on both feet and land on L.
5	1-4	Four running steps twd ptr R,L,R,L.
6-7	1-8	Eight buzz steps with R.

Presented by Ya'akov Eden