

# Adama Veshamayim

(Israel)

This dance was choreographed in 2008 by Gadi Biton (see photo); one of Israel's most popular and prolific choreographers, with well over 200 dances created through 2010. The evenings of dancing that he leads in Tel Aviv attract 750-1000 (!) dancers every week. The song is sung by Lehakat Segol, based on an American-Indian tune with words in Hebrew expressing Israeli sentiments.



Pronunciation: ah-dah-MAH veh-shah-MAH-yeem      Translation: Earth and Sky  
 Music: 4/4 meter      *Stockton Folk Dance Camp 2011*  
    *Erica Goldman - Israeli Folk Dances CD, Track 1*  
 Formation: Circle of dancers facing ctr, moving generally CCW. Hands are not joined.  
 Steps & Styling: Refer to "Steps Used in Israeli Dancing."

Meas      4/4 meter

Pattern

INTRODUCTION. Begin the dance with the lyrics of the song.

I.      EARTH AND SKY

- 1      Bending low at waist, step R to R, swinging arms to R (toward the earth) (ct 1); step L in front of R, swinging arms to L (ct 2); repeat cts 1-2 (cts 3-4).
- 2      Straigten and repeat ftwk of meas 1-2 but move hands to R and L above head (toward the sky) (ct 1-2); repeat cts 1-2 (cts 3-4).
- 3      Two turns to R with 4 steps R-L-R-L (cts 1-4), and end facing CCW.
- 4      Cherkessiya R, and end facing ctr. Arms: make a scooping motion with arms and hands.
- 5      Step R to R (ct 1); step L behind R (ct 2); step R to R (ct 3); step L in front of R (ct 4).
- 6      Sway R, L (cts 1,2); full turn R (CW) with two steps R-L (cts 3-4), ending facing ctr.
- 7      Step R fwd (ct 1); chug fwd on R (ct 2); back Yemenite L (cts 3,&,4).
- 8      Step R fwd (ct 1); pivot half-turn on L to L while opening arms slowing with palms facing up, and shift wt onto L to face away from ctr (ct 2); repeat cts 1-2 (cts 3-4) and end facing ctr. If not repeating this figure, end facing CCW.

II.      INTO CENTER AND BACK

- 1      Facing CCW, Yemenite R (cts 1,&,2); full turn to L moving twd ctr with two steps L, R (cts 3-4).
- 2      Continuing to move twd ctr, step L fwd (ct 1); step R next to L (ct &); step L fwd (ct 2); half-turn to R with two steps, R-L, to end with back to ctr (cts 3-4).

## Adama Veshamayim — continued

- 3-4 Repeat meas 1-2 with same ftwk, but moving away from ctr. There is an extra quarter-turn on the last ct to end facing CCW.
- 5 Sway R (AWAY from ctr) raising R arm out and down (ct 1); sway L (ct 2); step R in front of L (ct 3); step L to L (ct &); step R in front of L (ct 4). (SS QQS)
- 6 Sway three times L, R, L (cts 1-3); step R in front of L (ct 4); step L to L (ct &).
- 7 Step R in front of L (ct 1); three steps, L-R-L, to make a half-turn to L to face away from ctr (ct 2-4).
- 8 Step R to R (ct 1); step in place on L (ct 2); close R to L without wt (ct 3); hold (ct 4).
- 9-16 Repeat meas 1-8. Beg facing AWAY from ctr and end facing ctr, immediately adjusting to face CW.

Sequence:

Fig I ONLY ONCE the first time; Fig II

Fig I, Fig I, Fig II

Fig I, Fig I, Fig II

Presented by Erica Goldman

Lyrics

Adama veshamayim  
Chom ha'esh,  
Tzlil hamayim  
Ani margish zot begufi,  
Beruchi, benishmati

Earth and sky  
The heat of fire  
The sound of water  
I feel it in my body,  
In my spirit, in my soul.