

ADARIM ^{Flocks of} (Sheep)
(Israeli)

SOURCE: Learned by Albert S. Pill from Millie Libaw who brought the dance from Israel.

MUSIC: Record, ASP 2

FORMATION: Couples facing CCW, Inside hands joined and bent fwd waist high. Outside arms are raised high in front of body and bent at elbow, thumb and adjacent fingers touching to form the shape of a nut, the other three fingers extended upward.

Both M and W use same footwork throughout the dance unless otherwise specified.

4/4
MEASURE
A

PART I

1 MAN'S PART: Dancing in place, step L ft in front of R (ct 1), step R toe back of L ft. (ct 2) Repeat above action (cts 3 & 4).
2 Step L ft in front of R ft (ct 1), step R toe back of L ft (ct 2), step L ft in front of R (ct 3), rise on L toe and lower L heel as R ft is swung from rear to the front (ct 4).
3 Step R ft in front of L ft (ct 1), step L toe back of R ft (ct 2). Repeat above action (cts 3 & 4)
4 Step R ft in front of L ft (ct 1), step L toe back of R ft (ct 2), step R ft next to L ft (cts 3 & 4)

1 WOMAN'S PART: Moving fwd in LCD and looking at M over L shoulder-step L ft in front of R ft (ct 1), step R toe back of L ft (ct 2), Repeat above action (cts 3 & 4),
2 Step L ft in front of R ft (ct 1), step R toe back of L ft (ct 2) step and pivot on L ft swinging R ft across in front and turning $\frac{1}{2}$ turn to L (CCW) so as to face M (cts 3 & 4).
3 Moving R LCD, facing M and returning to him, step R ft in front of L ft (ct 1), step L toe in back of R ft (ct 2). Repeat above action (cts 3 & 4).
4 Step R ft in front of L ft (ct 1), step L toe back of R ft (ct 2), pivot on L ft turning $\frac{1}{2}$ turn to R (CW) to face LCD and step on R ft next to L ft (cts 3 & 4).

NOTE: There is a distinctive down-up vibration of the body throughout the pattern for both M and W.

Couples now face LCD; hands joined as at beg. of dance.

5 Step L ft to L side (ct 1), step R ft in place (ct 2), cross L ft over R ft (ct 3), hop on L ft (ct 4).
6 Step R ft to R side (ct 1), step L ft in place (ct 2), cross R ft over L ft (ct 3), hop on R ft (ct 4).
7 Step L ft to L side (ct 1), step R ft in place (ct 2), cross L ft over R ft (ct 3), hold (ct 4).

ADARIM (Sheep) - continued

MEASURE

PART II

B

- 1 Crouched slightly fwd, M claps hands twice and shouts "hey, hey" (cts 1 & 2); while M does above W turns $\frac{1}{2}$ turn to her R (CW) by taking a step hop on R ft (ct 1), stepping back on L ft ending in a crouched position facing M (ct 2). While M stands in place, W claps hands twice and shouts "hey, hey" in answer to M (cts 3 & 4).
- 2-3 Ptnrs move twd each other, put L hands on ptnrs waist and raise free R hands high and turn once CCW with 4 step hops beg with R ft (cts 1-8). On last step hop M turns $\frac{1}{2}$ turn to his L and ptnrs take pos as at beg of dance, facing LCD.
- 4 Step fwd on R ft bending body slightly bwd (ct 1), step back on L ft straightening body (ct 2), step R ft next to L ft (ct 3), hold (ct 4).
- 5 Step fwd on L ft bending body slightly bwd (ct 1), step back on R ft straightening body (ct 2), step L ft next to R ft without taking wt onto L ft (ct 3), hold (ct 4).

Repeat dance from Beg, starting with L ft.