

**Al Sadenu** = *On Our Field*  
(Israel)

Al Sadenu (AHL sah-DAY-noo) is a circle dance which translated means "On Our Field." It was choreographed by Bentsy Tiram, and presented at the 1979 Folk Dance Camp, University of the Pacific, by Ya'akov Eden.

MUSIC: Record: CP #29, Israeli Folk Dances of Benzi Tiram. Side A, Band 2.

FORMATION: Circle, hands joined high in "W" pos, slightly fwd. Face ctr.

STEPS Walk\*, Brush, Grapevine, Three-step-turn  
and Double tcherkessia: With slight body lift, step on R to R (ct 1); step on L across in front of R, bending both knees (ct 2); step on R in place (ct 3); with slight body lift, step on L sdwd to L (ct 4); step on R across in front of L, bending both knees (ct 5);  
STYLING: step on L in place (ct 6). Pattern has an "up-down" feeling.

\*Described in Steps and Styling, published by the Folk Dance Federation of California, Inc., 1275 "A" Street, Room 111, Hayward, California 94541.

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MUSIC 3/4

PATTERN

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Measures

2 meas INTRODUCTION: No action

I. DOUBLE TCHERKESSIA, SWAY, and WALK

1-2 Beg R, dance one double tcherkessia.

3 Sway R,L,R: Step on R to R, lean body to R, bending R knee and taking wt on R (ct 1); shift wt onto L, leaning body to L and taking wt on L (ct 2); again shift wt onto R, leaning body to R and taking wt on R (ct 3).

4 Step L across in front of R, bending L knee slightly (ct 1); take two steps R,L in LOD.

5-8 Facing ctr, repeat action of meas 1-4.

II. TO CTR, DOUBLE TCHERKESSIA, THREE-STEP TURN and GRAPEVINE

1 Take two small steps twd ctr R,L (ct 1,2); brush R heel fwd while lifting on L (ct 3); straighten L knee and point R toe downward (ct 4).

2 Repeat action of meas 1 (Fig II).

3-4 Beg R, dance one double tcherkessia.

5 Turn CW away from ctr with one three-step-turn R,L,R (ct 1,2,3). Finish facing LOD, re-joining hands with R hand reaching fwd to join with person on R (ct 4).

6 Step fwd (LOD) on L, bending knees (ct 1); step in place on R (ct 2); step back on L, bending both knees (ct 3).

7-8 Face ctr and dance a 6 ct grapevine: *to R → 6 ct 3r. Side face* step on R to R (ct 1); step on L across in front of R (ct 2); step on R to R (ct 3); step L across behind R (ct 4); step on R to R (ct 5); step on L across in front of R (ct 6). The pattern is "up" on R (cts 1,3,5) and "down" with slight knee bend on L (cts 2,4,6).

9-16 Repeat action of meas 1-8 (Fig II).