

AL TIRA (Dance of Strength)

Dancer: Jonathan Karason  
 Music: Zeira

Formation: Circle, face center, join hands, body bent fwd.

PART ONE

- M 1 : R to right side; hold 2; L to left side; hold 4;  
 M 2 : Leap on R to right side; L across in front of F; tap twice with R heel next to L;  
 M 3 : Face CCW. Lift body. The following are running steps.  
     Count 1: R fwd;  
     Count 2: 2 steps fwd LR;  
     Count 3: 2 steps fwd LR;  
     Count 4: L fwd;  
 M 4 : Repeat M 3  
 M 5-6 : Repeat M 1-4

PART TWO

- M 9 : Face circle center, release hands. Step on R in place and swing L fwd; hop on R;  
     run 2 steps in place LR;  
 M 10 : 3 steps fwd LRL; (on third step take 1/4 turn to left, face CW) stamp with R in  
     place; (look over right shoulder)  
 M 11 : R to right side; (stamp) hold 2; L to left side; close R to L;  
 M 12 : L to left side; leap on R; (making 3/4 turn to left, face circle center again)  
     L in place; hold 4;  
 M 13 : Arms on each others shoulders, face center. R to right side; hold 2; L to left  
     side; hold 4;  
 M 14 : Move and face CCW. Leap on R fwd; run L fwd; leap on R fwd; run L fwd;  
 M 15-16: Repeat M 13-14