

AM. SGULA
Circle Dance

LB-23

Translation: Chosen or Unique Nation
 Dance: Yaakov Dekel
 Music: Teina RECORD: Blue Star '84
 Meter: 4/4
 Formation: Circle; all face center

<u>Measures</u>	<u>Counts</u>	<u>Description</u>
<u>Part A (Shoulder hold)</u>		
1	1	Step on R to R
	2	Cross L behind R
	3-4	Close R to L; hold
2	1-2	Balance to R side stepping on R
	3-4	Balance to L side stepping on L
3-8		Repeat meas. 1-2, Part A, three times more
<u>Part B (Shoulder hold; face center)</u>		
1	1	Step on R to R
	2	Cross w/L behind R
	3-4	Hold; hold
2	1-4	Repeat meas. 1, Part B, except cross w/L in front of R
3-4		Repeat meas. 1-2, Part B; end w/regular hand hold
5	1	R to R side
	2	L cross behind R
	3	R to R side
	4	L cross in front of R
6	1-4	2 step-hops fwd beginning w/R ft
7-8		Repeat meas. 5-6, Part B
<u>Part C (Simple hand hold)</u>		
1	1-2	Jump on both, hop on Right
	3-4	Left behind Right, Right to Right side, Cross Left over Right
<u>NOTE:</u> The rhythm for Part C is as follows:		
	1	Jump on both
	2	Hop on Right
	3	Left behind
	and	Step Right to Right
	4	Cross Left over Right
2-4		Repeat meas. 1, Part C, three times more.

Presented by Teme Kernerman at Maine Folk Dance Camp 1986