

~~AVONDRUST~~

(Israel)

Origin: Israel, original name "Inbalim."

Music: Record: "Dans met ons ..." EP 113.

Formation: Double circle of cpls, facing CCW, inside hands joined, down.

<u>Measures</u>	<u>Pattern</u>
A1 1-2	Four step-hop steps fwd, starting with outside ft.
3	Yeminite step: M to the L and W to the R: on the 4th ct hop on L ft to the R (this is for the M, the W opp), releasing hands, ptrs change places, W passing in front of M keeping back twd him.
4	Yeminite step in opp direction, W passing again in front of M.
A2 1-2	Repeat action of meas 1-2 of A1, end with ptrs facing.
3-4	Joining both hands two Yeminite steps (with "hop"!), M to the L and W to the R.
B 1-2	Ptrs return to starting pos, four walking steps fwd, starting with outside ft. On each step flex and straighten knee. End with M 1/4 turn to the L, joining hands in a circle, W 1/4 turn to the L without joining hands.
3-4	Two Yeminite steps (on the 4th ct "flex" knee in preparation of "hop." End in starting pos.
5-6	Repeat action of meas 1-2, ending ptrs facing, joining hands.
7-8	Repeat action of meas 3-4.
9	Turn with light stamp on outside ft to starting pos, raise inside arms.

Presented by Huig Hofman