

KUMA ECHA (Arise Brothers)

Dance: Rivka Sturman

Music: Postolsky

Formation: Circle, face center, all join hands.

PART ONE

- 1: R fwd
- 2: L fwd
- 3: R fwd
- 4: Hop on R
- 5-8: Reverse, start L bwd
- 9-12: Mayim step, R over L (move CW)
- 13-16: Repeat 9-12
- 17-32: Repeat 1-16

PART TWO

Face CCW

- 33: Run R fwd
- 34: Run L fwd and 1/2 turn to left side (face CW)
- 35: Run R bwd
- 36: Run L bwd and 1/2 turn to right side (face CCW)
- 37-48: Repeat 33-36 three more times

Face Center

- 49-51: 3 running steps fwd RLR
- 52: Leap on L fwd
- 53-56: Tcherkessia R
- 57-64: 2 more Tcherkessia steps. On last 3 measures move gradually back to original place.

Instead of just forming one circle, many circles can be arranged.

TCHERKESSIA

Folk

Formation: Can be done in a circle or line. Face center and join hands.

CHORUS

- 1-16: 4 Tcherkessia steps, start R

PART ONE

- 17-32: Step on R to right side, L crosses behind R and reapt 7 more times.

PART ONE can be changed at will. A few suggestions:

- Face CCW 16 jumps on both feet.
- 8 step-hops, start R
- 16 running steps, start R, body bends down.
- 16 hops on one foot

For PART ONE the leader of the line can change the steps and improvise new ones. It can be done like a game - follow the leader.