

LAMA LIDOG HAYOM
(Why Worry Today)

Formation:

Couples facing CCW, Man on L., Woman on R., inside hands held down. Steps described are for Man. Woman should use opposite footwork.

Part One A

1 - 2 Hora step to L. with L. (Moving fwd).
3 - 4 Hora step to R. with R. (Moving fwd).
5 - 6 Step fwd on L. and hop as you raise R. knee high.
7 - 8 Step fwd. (quickly) R. together R.
9 - 12 Repeat 1-4.
13 - 14 Taking ballroom position pli e facing partner
15 - 16 Man lifts woman, turns to his L., and puts her down with her back to the center of circle. Woman lands with a jump hop-land on L. partners remain face to face in ballroom position.

Part One B

1 - 2 Moving in RLOD, step fwd on L. heel. slide close R. to L. while bending R. knee and raising L. knee.
3 - 4 Repeat 1-2.
5 - 8 Run fwd L., R. jump hop-land on L.
9 - 12 Repeat 1-4(B) with opposite footwork and direction (in LOD).
13 - 16 Repeat 5-8(B) to R. side with opposite footwork while woman (M's L. hand holding W's R.) turns full CCW turn, L., R., jump hop-land on L.

Part One C

1 - 4 Holding both hands, face to face, couple moves out of circle (M bkwd., W fwd-playful circular action with hands) L.,R., jump hop-land on L.
5 - 8 Repeat 1-4 with opposite footwork and direction.
9 - 10 Hora step to L.
11 - 14 2 Hora steps, R.,L. while turning CW one full turn. (W. turns CCW, L.,R.)
15 - 16 Holding both hands, change places in one Hora step, R.,L.,R.

Part Two A

1 - 16 Repeat Part One A.

Part Two B

1 - 12 Repeat Part One B, Counts 1-12.
13 - 16 Similar to Part One B, counts 13-16-Woman, her L. hand holding M's R., passes under M's R. arm and turns CCW so as to exchange places with M. (She is now back on outside and both are facing LOD.)

Part Two C

1 - 2 W's L. arm on M's R. shoulder, M's R. arm on W's R. waist. Step fwd on L., slide close R. to L. with bent R. knee.
3 - 4 Step fwd L. together L.
5 - 8 Repeat 1-4 with opposite footwork.

Ending:

Dance repeats 2 more times. At end of third time Part Two C continues for a total of 32 counts.