

*not taught*

TRANSLATION: My gentle dear one

PRONUNCIATION: nah-ah-MAH

CHOREOGRAPHER: Bentsi Tiram

MUSIC: Tel Aviv Express #1, LP, Side A, Band 2

FORMATION: Cpls face ctr with W on M R. L hands joined and extended fwd at shldr ht, MR hand on WR waist, WR hand on MR hand.  
Ftwk same for both, except where noted.

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METER: 3/4

PATTERN

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Meas Cts

INTRODUCTION: 8 meas

PART I

- 1-2 Double Tsherkessia starting L: Step L across R; step R bkwd to place; step L slightly L; step R across L; step L back to place; step R slightly R.
- 3 1-3 Beg L, waltz fwd twd ctr, arms raise fwd slightly above head ht.
- 4 Beg R, waltz bkwd, lower arms.
- 5-6 Waltzing L-R, cpls turn 3/4 L. M are pivot (M moves bkwd, W fwd). End facing LOD.
- 7 W: Beg L, waltz 1/2 turn R unwinding - retain hand hold.  
M: Beg L, waltz-balance L slightly fwd.
- 8 W: Beg R, rewind with 1 waltz to orig place, turning L. End facing ctr.  
M: Beg R, waltz-balance bkwd.
- 9-15 Repeat meas 1-7.
- 16 Waltz-balance twd ptr, release hands on last ct and end in closed social dance pos. M face LOD, W R ft is free.

PART II: (Ftwk described for M, W use opp ftwk)

- 1 1 With L hips adjacent, step L across R, turning diag R. (W beg by stepping R diag L bkwd.)  
2 Step R to R.  
3 Step L in place.

*Continued...*

- 2 Repeat meas 1, with opp ftwk and R hips adjacent, turn diag L.
- 3-4 Repeat meas 1-2.
- 5 With inside hands joined, step L sdwd and lean twd ctr. W step R twd outside (face LOD), and lean R.
- 6 Step R twd ptr and join in closed social dance pos. M end facing out.
- 7-8 Waltz L,R turning once in LOD.

PART III: (Ftwk described for M, W use opp ftwk)  
M back to ctr.

- 1 Dip (corte) L bkwd.
- 2 Step R twd W (recover from corte).
- 3 Beg L, waltz, turning 1/2 to R, M end facing ctr with ft close tog.
- 4 Bend knees and swivel them from L to R, end with knees straight. (W swivel L first).
- 5-6 Waltz-balance L-R. Cpls may turn 1/4 to 1/2 CW.
- 7-8 Waltzing L-R, turn CW once. End with M bk to ctr.
- Note: During meas 5-8, cpls turn 1-1/2 times CW.
- 9-16 Repeat meas 1-8. End in beginning pos, facing ctr ready to do dance from beginning. W L ft is free.

Presented by Ya'akov Eden  
Idyllwild Workship 1986