

NAD I LAN
(Israeli Circle Dance)

RECORD: VANGUARD Folk Songs by the Karmon Israeli Singers and Dancers VRS-9048-A,
Band 8 "Tapuach Hinezi".

Formation: No partners. Hands joined in circle facing center.

The Dance: The first movement starts with the first word of singing.

I.

1. Step on R ft, point L ft over in front of R, then swing L ft around behind R and step on it. Step to right on R ft, swing L ft over in front of R and step on it. (Note: This much of the dance is just like "Miserlou".)
2. Facing LOD step forward on R ft and back on L ft and run four steps RLRL, ending facing center. Step on R ft, then L ft, and then balance R,L,R,L,

REPEAT 1 and 2.

II.

1. Step on R ft toward center and hop on R facing LOD as you hop, and then step on L ft and hop on L still facing LOD. Then step on R ft again and hop on R facing RLOD, then step on L and hop on L facing center.
2. Step forward on R ft and back on L ft and close R ft to L ft. Step forward on L ft, back on R ft and close L to R. (These look like rocking steps.)
3. Repeat 1.
4. Still facing center hold hands high and step on R ft to right, and close L ft to R ft slowly. Then lower hands and step to left on L ft and close R ft to L ft.
5. Face LOD and do a R, hop, L, hop, and continuing LOD but dancing backwards do another R, hop, L, hop, ending the last hop facing center.
6. Go forward on R ft, back on L ft and close R to L. Then forward on L, back on R and close L to R. (Same as 2.)
7. Repeat 5.
8. Still facing center raise arms high again and step to R with R ft, close L ft to R, then step-close to Left. Arms are still held high.

LOWER ARMS AND START DANCE OVER.

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