

NAD ILAN

DANCE : JONATHAN KARMON
MUSIC : HADAR

FORMATION : Circle, face center, join hands.

PART 1.

Count 1 : R in place
 2 : L points fwd
 3 : L crosses behind R. On AND R to right side
 4 : L crosses in front of R. On AND 1/4 turn
 on L to right. Face CCW
 5 : R fwd
 6 : L bwd
 7-8 : 4 steps fwd RLRL
 9 : Face center of circle. R to right side.
 10 : L to left side
 11-12 : 4 steps in place from side to side RLRL
 MUSIC REPEATS: Repeat count 1-12

PART 2.

Count 13 : Jump on both feet with legs apart (all
 the following jumps are done this way)
 On AND hop on R and 1/4 turn to right.
 Face CCW
 14 : Jump on both feet. On AND hop on L
 15 : Jump on both feet. On AND hop on R and
 1/2 turn to left side. Face CW.
 16 : Jump on both feet. On AND hop on L and
 face center of circle.
 17 : R fwd. On AND L bwd
 18 : Jump on both feet (legs together)
 On AND hop on R
 19-20 : Reverse count 17-18
 21-24 : Repeat count 13-16
 25 : R fwd. Raise both arms
 26 : Hold
 27 : L bwd. Both arms down
 28 : Hold
 29-32 : Repeat count 13-16 but travel CCW
 33-36 : Repeat count 17-20
 37-40 : Repeat 29-32
 41 : R to right side. Raise both arms
 42 : Hold
 43 : L to left side
 44 : Hold