

SHDEMATI

Israel

Presented by Dani Dassa

Record: Rikud

Source: Dani Dassa

Formation: Lines, Hands held down

Part I:

- 1 - 2 Step R to R side
- 3 - 5 Yemenite L
- 6 Hold
- 7 Step back on R
- 8 Step fwd on L
- 9 Step fwd on R
- 10 Hold
- 11 Small leap on L fwd
- 12 Step R fwd
- 13-15 Yemenite L and
- 16 Hold
- 17-18 Step back on R
- 19-21 Step fwd on L, back on R, fwd on L
- 22 Hold
- 23-24 Step back on R
- 25-26 Step back on L
- 27-29 Yemenite R
- 30-32 Yemenite L
- 33 Close with R
- 34-66 Repeat Part I, 1-33

Part II:

- 1 - 2 Hold and lift arms fwd and up
- 3 - 4 Step R to R side (moving to R, facing center)
- 5 - 6 Step hop L in front of R
- 7 Step R to R side
- 8 Stamp L (slightly in front of R)
- 9 Hold
- 10-14 Repeat 5-9
- 15-16 L hop crossing R
- 17-19 Yemenite R
- 20-21 Step L to L side
- 22-23 Putting arms down, step R fwd
- 24-25 Step L back (lifting R leg off floor, knee bent)
- 26 Step R back
- 27 Step L fwd
- 28-29 Brush R fwd off floor bent at knee
- 30-31 Step R diagonally over L and hold
- 32 Step back L (on ball of foot)
- 34-37 Repeat 32-33 twice
- 38-40 Yemenite L making $\frac{1}{4}$ turn to R
- 41-43 Step R,L,R
- 44-46 Step L,R,L

FD Gymnasium 80