

## SHTU ADARIM

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## Israeli Couple Dance

Translation: Drink Herds

Dance: Yonatan Karmon

Record: Kadima

Basic Steps: Jump, Hop, Run, Stamp, Turn

Formation: Couples in a circle, W wrapped beside man. (W's L hand across waist in front holding M's R, W's R out in front holding M's L.)

Meter: 4/4

Counts      DescriptionPart A

1-2      Jump w/both feet and land on L, R up in back.  
 3      Step fwd. on R while body leans back  
 4      Step back in place w/L  
 5      Step back w/R  
 6      Step fwd. in place w/2 L.  
 7      Hop on L fwd.  
 8      Leap fwd. w/R  
 9      Leap fwd. w/L  
 10-11      Fast Yemenite R R, L, R  
 12-13      Fast Yemenite L L, R, L  
 14-15      2 stamps w/R beside L  
 16      Hold  
 17-25      Repeat cts. 1-9 Part A.  
 26-28      Woman: 3 step turn to R R, L, R, while unwrapping  
 29      Stamp L w/out weight  
 30-32      3 step turn to L L, R, L  
 26-32      Man: does same footwork as woman but in place w/out turns

Part BWOMAN

1-2      Leap R and cross L over R      First time, do two steps later to unwrap.  
 3-4      2 following steps: Touch R step L fwd., Touch R step L fwd.  
 5-6      Repeat cts. 1-2 Part B  
 7-8      Turn in 2 steps CW R, L.

MAN

1-2      Stamp R, step L across R  
 3-4      Leap R, cross L over R  
 5-6      Turn in 2 steps CW (Lead w/R heel) variation - hop heel step  
 7-8      Turn in 2 steps CW R, L  
 9-118      Repeat Part B 5 more times

Shtu Adarim continued

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NOTE:

Part B should be done only 4 times, but the only recordings available have it 6 times.

Presented by Ya'akov Eden