

Sigal

(Israel)

Sigal, a girl's name, was choreographed by Shauli Rosenfeld to music by Aris San. It is a children's dance for the upper elementary grades.

Pronunciation:

Cassette: D, Edery-Israeli Folk Dances for Children Side B

4/4 meter

Formation: Lines facing the music, hands free.

Counts

Pattern

INTRODUCTION. No action.

DANCE

- | | |
|-------|---|
| 1-4 | Two Step-together-steps fwd with R, L. |
| 5-8 | Cherkessia Step fwd and bkwd with R. |
| 9-10 | Cherkessia Step fwd with R. |
| 11-14 | Two Step-together-step with R and L while progressing bkwd and making a full turn CW. |
| 15-16 | Rock bkwd on R and fwd on L. |

Note: A variation on the Formation: the class is divided into small groups, standing in lines, lines facing each other. The steps in cts 1-4 are done while moving fwd with big steps to pass thru the other line. Return to places with steps in cts 11-14.

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