

SMADAR (Girl's name, Smadar)

Dance: Moshiko  
Music: Folk

FORMATION: Open circle, facing CCW, hands joined.

PART ONE

1. Touch L heel forward, bending body back.
2. Close L foot next to R foot.
3. Touch R toe back, bending body forward.
4. Close R foot next to L foot, straightening body.
5. Heel-step L \*.
6. Heel-step R.
7. Heel-step L.
8. Close R foot next to L with a stamp.
- 9-24. Repeat 1-8 two more times.

PART TWO (standing close together)

1. Step forward on L foot bending knee slightly.
2. Step forward on R foot (leaving L foot in place). On the 'AND' count, bend the body forward to start the next movement.
- 3-4. Continuing the previous movement, pull the body back and around until it is straight again. The head is pulled around by the body (ie. it also makes a circle). On count 4, small step in place with R foot.
- 5-16. Repeat 1-4 three more times.

PART THREE (very bouncy)

1. Hop on R foot, moving slightly L (toward center of circle).
- &. Small step to L.
2. Step R foot next to L.
3. Turning  $\frac{1}{4}$  L (to face center), step to L on L foot.
4. Close R foot next to L.
- 5-8. Repeat 1-4, ending facing CW.
- 9-16. Repeat 1-8, reversing footwork and direction.

\* - HEEL-STEP: Strike heel on ground, slightly forward on Count 1. Then step slightly forward on the same foot on count 'AND'.

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