

**TAKAM HAMAS (The Taste of the Mana)**

Dance: Yoav Genriol  
Music: Persian Melody

Formation: Couples face CCW. Men inside, girl outside. Arms crossed in skating position in front of body.

**PART ONE**

- M 1 : L to left side; hold 2; R crosses behind L;
- M 2 : L crosses in front of R; hold 2 and 3; (M 1-2 is a Yemenite step.)  
The rhythm of every Yemenite step is the same, throughout the dance.
- M 3 : R fwd
- M 4 : L fwd
- M 5-6 : Repeat M 3-4
- M 7-8 : Yen R
- M 9-16 : Repeat M 1-8

**PART TWO**

- M 17 : L to left side; hold 2; close R to L;
- M 18 : L to left side;
- M 19 : R brushes in front of left with bent knee and flexed foot
- M 20 : Bend L knee (R is lifted in front of L)
- M 21-24: Reverse M 17-20
- M 25-32: Repeat M 17-24

**PART THREE**

- M 33-34: Yen L
- M 35 : R fwd; hold 2; close L to R;
- M 36 : R fwd
- M 37-48: Repeat M 33-36 three more times  
On last three steps release hands. Partners face each other, join right hands  
(Man with back to circle center, girl faces center)

**PART FOUR**

- M 49-64: Repeat steps of M 1-16 PART ONE

**PART FIVE**

- M 65-80: Repeat steps of M 17-32 PART TWO
- M 67-68: Join also L hand with opposite person
- M 69-70: Release both hands (change over to other side of partner)
- M 71-72: Join L hands with partners, R hand with opposite person
- M 73-80: Repeat formation M 65-72

**PART SIX (assume skating position, partners face CCW)**

Repeat music and steps M 33-48

Musical score for Takam Hamas, showing parts I through VI with measures 1-93. The score is written in 3/4 time and includes various musical notations such as notes, rests, and dynamic markings.

**PART I** 1-9 2-10 3-11 4-12 5-13

6-14 7-15 8-16 **PART II** 17-25 18-26 19-27

20-28 21-29 22-30 23-31 24-32

**PART III - VI** 33-41 34-42 35-43 36-44 37-45 38-46

39-47 1. 40 2. FINE **PART IV** 48 49 50 51

52 53 54 55 56 57 58

59 60 61 62 63 64 **PART V** 65-73

66-74 67-75 68-76 69-77 70-78 D.S. *al FINE*

71-79 72-80