

## YA ABUD (Israel)

SOURCE: Ya Abud means "a man named Ya Abud". The music is of Arabic bkgound and the dance was choreographed and introduced by Moshiko in 1974.  
Pronunciation: Yah Ah-bood

MUSIC: Record: MIH 3, Side 1, Band 6 "Dance with Moshiko" Volume 3

STYLE: All steps are bouncy, steps tend to be flat footed, Heavy feeling

FORMATION: Either a line or circle may be used with arms joined and dn. Face Ctr unless otherwise specified

METER: 4/4

PATTERN

Meas

1-

1-2 INTRODUCTION

FIGURE I

1 Facing ctr and moving to R, step on R to R (ct 1), close L to R (ct 2 repeat cts 1-2 (cts 3-4) Double bounce on each step, heavy flat footed movement

2-8 Repeat meas 1, 7 more times

9 Moving twd ctr, stamp R next to L (ct 1), step R fwd (ct 2), step L fwd (ct 3 stamp R next to L (ct 4) slight bounce movement on each step,

10 Repeat meas 9 moving bkwd, start with R

11-12 Repeat meas 9-10

13 Hop on L, swing R fwd - leg straight (ct 1), hop on L, swing lower R leg bk - from the knee (ct 2), repeat ct 1 (ct 3), place R slightly fwd flat on floor and take wt - R leg straight, L knee bent slightly (ct &), step L in place (ct 4)

14-16 Repeat meas 13, 3 more times. Raise arms to shldr level and slightly fwd on last 2 cts of meas 16

FIGURE II

1 Rock fwd on R moving slightly to R body leans slightly fwd (ct 1), rocking bk step L behind R - almost slide ft across floor - body returns to upright pos (ct 2), repeat cts 1-2 (ct 3-4) Arms remain stationary in W position.

2-4 Repeat meas 17, 3 more times

5 Retaining stride pos of R fwd and L straight bk, bend knees (ct 1), bounce twice (ct 2,&) repeat cts 1,2,& (ct 3,4,&) Moves very slightly to R, heavy feeling.

6-8 Repeat meas 5, 3 more times

9 Retaining stride pos with R fwd and L straight bk, jump on both ft (ct 1) jump on both ft with L fwd and R bk (ct 2), leap onto L in place while lifting R next to L calf (ct 3), stamp R next to L sharply (ct 4)

YA ABUD (Cont'd)

10-12 Repeat meas 9, 3 more times

13 Facing diag R and moving to R do 3 leaps fwd (R,L,R) keep H approximately shldr high as they make a circular movement (fwd & dn) on each leap (ct 1-3) stamp L next to R sharply, both knees and body bend and H move to a do pos with a circular motion (ct 4)

14-16 Repeat meas 13, 3 more times

Presented by Vicki Maheu Idyllwild Workshop, 1984