

Na'amah

(Israeli Couple Dance)

Translation: My Gentle Dear One
Dance: Bentsi Tiram
Meter: 3/4
Music: Israeli Folk Dances YED1
Formation: Couple in Side by side position. Man on Left, Woman on Right. Left hands joined, Man's Right hand on Woman's Right waist, Woman's Right hand in Man's Right hand Both using same foot.

<u>Meas.</u>	<u>Cts.</u>	<u>Dance Description</u>
		<u>Part A (Couples facing center)</u>
1	1	Step Left across Right
	2	Step Right back
	3	Step Left in place
2	1	Step Right across Left
	2	Step Left back
	3	Step Right in place
3	1-3	Waltz Step forward, toward center; w/Left, Left arms lifted w/movement
4	1-3	Waltz Step back, away from center; w/Right, Left arms lowered w/movement
5-6		Turn a 3/4 turn to Left (CCW) w/2 Waltz steps; Left, Right. Man end facing LOD-CCW
7	1-3	Woman - Turn a 1/2 Turn to Left under Man's Left arm w/a Left Waltz step Man - Waltz Balance forward w/Left
8	1-3	Woman - Turn a 1/2 Turn to Right under Man's Left arm w/a Right Waltz step Man - Waltz Balance back w/Right
9-15		Repeat Meas. 1-7, Part A
16	1-3	Waltz Balance forward toward each other. Woman hold touch Right on count 3

Part B (Partners in Closed Position Man faces LOD - CCW)

Note: Man's steps described, Woman does opposite

1	1	Man Step Left diagonally forward across Right
	2	Step Right to Right
	3	Step Left beside Right
2	1-3	Repeat Meas. 1, Part B, reverse footwork
3-4		Repeat Meas. 1-2, Part A.
5	1-3	Man Lunge back toward center w/Left
6	1-3	Right waltz step forward
7-8		Turn a full turn to Right CW w/2 Waltz Steps; Left, Right

Part C (Man's back to center)

1	1-3	Man Dip back w/Left
2	1-3	Step Right forward and hold
3	1-3	Turn a 1/2 Turn to Right (CW) w/Left Waltz Step
4	1-3	Bend knees and Swivel knees to Left and Right, end w/knees straight
5-6		Balance w/2 Waltz Steps; Left, Right
7-8		Turn a full turn to Right (CW) w/2 Waltz Steps; Left, Right. End w/Man's back to Center
9-16		Repeat Meas. 1-8, Part C, end in original Position to start again

Dance notes by Ya'akov Eden