

Nad Ilan

(Israel)

Formation: Circle, face center, join hands.

Part I

- 1 R in place.
- 2 L points fwd.
- 3 L crosses behind R. On AND R to R side.
- 4 L crosses in front of R. On AND 1/4 turn on L to R. Face CCW.
- 5 R fwd.
- 6 L bkwd.
- 7-8 4 steps fwd RLRL.
- 9 Face center of circle. R to R side.
- 10 L to L side.
- 11-12 4 steps in place from side to side RLRL.
Music Repeats: Repeat count 1-12.

Part II

- 13 Jump on both feet with legs apart (all the following jumps are done this way). On AND hop on R and 1/4 turn to R. Face CCW.
- 14 Jump on both feet. On AND hop on L.
- 15 Jump on both feet. On AND hop on R and 1/2 turn to L side. Face CW.
- 16 Jump on both feet. On AND hop on L and face center of circle.
- 17 R fwd. On AND L bkwd.
- 18 Jump on both feet (legs together). On AND hop on R.
- 19-20 Reverse count 17-18.
- 21-24 Repeat count 13-16.
- 25 R fwd. Raise both arms.
- 26 Hold.
- 27 L bkwd. Both arms down.
- 28 Hold.
- 29-32 Repeat count 13-16 but travel CCW.
- 33-36 Repeat count 17-20.
- 37-40 Repeat 29-32.
- 41 R to R side. Raise both arms.
- 42 Hold.
- 43 L to L side.
- 44 Hold.