

NIGUN ATIK

A. NE'EMAN)

ZEMER ATIK

Dance: Rivka Sturman

Couples in Circle

Formation: Couples in a circle. Girl in front of man, all facing CCW. Left arm bent and touches own left shoulder. Right arm is extended fwd and joins left hand of the person in front.

Part One

- 1 - 4 4 steps fwd RL RL.
- 5 release hands. R to right side.
- 6 bend right knee and clap over right shoulder.
- 7 - 8 reverse 5 - 6.
- 9 - 32 repeat 1 - 8 three more times.

Part Two

- Face centre of circle.
- 33 R fwd.
- 34 bend right knee and snap fingers over right shoulder.
- 35 - 36 reverse 1 - 2.
- 37 - 40 4 steps bwd RLRL, lower arms gradually.
- 41 - 64 repeat 33 - 40 three more times.

Part Three

(Music starts from the beginning).

Couples side by side facing CCW, man inside, girl outside, join inside hand.

- 1 - 4 4 steps fwd RLRL.
- 5 - 6 R twd and turn toward each other.
- 7 - 8 close R to L and bow.
- 9 - 32 repeat 1 - 8 three more times.

Part Four

- 33 R fwd.
- 34 bend right knee
- 35 L fwd.
- 36 bend left knee.
- 37 - 40 lift inside arms, four steps in place RLRL, girl which walking takes a 1/2 turn to left side, she faces CW.
- 41 - 44 man brings his right arm down with girl's left behind her head, her right arm extends behind partner's back, in this position both move CW with steps from 1 - 4.
- 45 - 48 4 steps RLRL coming back to place, both side by side, face CCW.
- 9 - 4 repeat 33 - 48, on last step girl ends up in front of man and is ready to start the dance from the beginning.