

# ERETZ

*Formation:* Circle, holding hands, facing center of circle.    *Dance:* Shlomo Bachar and Yaacov Levy

## PART ONE

- 1            Step on R to R side
- 2            Step on L in back of R
- 3            Step-pivot 1/2 turn CW on R foot. Finish w/back to center of circle
- 4-6         REPEAT 1-3 with opposite footwork, continuing in LOD, turning CCW on count 3 to face center of circle once more
- 7-8         REPEAT 1-2 bending body BKWD
- 9-10        Step FWD on R while lifting L knee FWD and up as arms are extended in front of chest
- 11          Step back on L
- 12          Step in place on R
- 13-16       REPEAT 9-12 with opposite footwork.
- 17-32       REPEAT 1-16

## PART TWO

### **ARMS ON SHOULDERS**

- 1            Step on R to R side
- 2            Step on L in back of R
- 3            Step on R to R side
- 4            Lift L leg off the floor w/leg facing to L side
- 5-8         REPEAT 1-4 to other direction w/opposite footwork
- 9-10        Step back on R and hold
- 11-12       Step back on L and hold
- 13          Step on R and sit
- 14          Transfer weight FWD to L foot
- 15-16       Stamp FWD on R heel and lift same R knee off the floor

