

Al Sedeinu

Translation: On our field *Dance:* Bentsy Tiram *Rhythm:* 3/4 *Presented by:* Sandy Starkman / KDI, 1988

Formation: "Circle with hands joined high, face center.

Measure	Count	PART A
1-2	1-6	Double tcherkessia (R to R)
3	1-3	3 sways-R, L, R
4	1	Cross L over
	2-3	2 steps in LOD (R, L)
5-8		Repeat measures 1-4, Part A
		PART B
1	1-2	2 steps into center
	3	Brush R heel FWD while lifting on L
2	1-3	Repeat measure 1, Part B
3-4	1-6	Double tcherkessia (R to R)
5	1-3	3 step turn (R, L, R) turn CW away from center and end facing LOD
6	1	Step L FWD while bending knees
	2	Step R in place
	3	Step L back while bending knees
7-8	1-6	Grapevine R to R
9-16	—	Repeat measures 1-8, Part B