

# Gvanim

*Translation:* Shades of Colour

*Dance:* Shlomo Maman

*Meter:* 4/4

*Formation:* Circle in a simple hold, facing center.

Measure	Count	PART A—face center, join hands	Measure	Count	PART B—face center
1	1	Cross R over L	1	1–2	2 sways R, L
	2	Touch L heel beside R w/sound		3	Step R to R, arms extended to side
	3	Brush L toes FWD while turning to face LOD		4	Cross L over R w/bent knees, arms crossing in front of chest
	4	Hold			
2	1–4	Slow 2-step L FWD	2	1–4	REPEAT measure 1, counts 3–4, PART B—twice
3–4	—	REPEAT measures 1–2, PART A			
5	1–3	3 steps FWD —R, L, R toward center	3	1–3	3 step turn—R, L, R to R
	4	Turn R 1/2 to R, end facing out	4	4	Hold
6	1	Step L FWD w/bent knee—arms FWD up	4	1	Step L to L
	2	Step R BKWD in place—arms down	2	2	Cross R over L
	3–4	REPEAT measure 6, counts 1–2, PART A—REV direction	3	3	Step L to L into a lunge
			4	4	Hold
7–8	—	REPEAT measures 5–6, PART A, REV footwork and direction	5–8	—	REPEAT measures 1–4, PART B