

MA NA'A VU

Music: J. Spivak 2/4 meter *Dance:* Raya Spivak

Formation: Circle, hands joined, facing center.

Counts

PART 1

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|-------|--|
| 1-2 | Touch R toe FWD. Hold |
| 3-4 | Touch R toe to R side. Hold |
| 5-8 | Twinkle step - step BACK on R (5). Step L next to R (6). Step FWD on R (7). Hold (8)
L foot is left on the spot, and not brought FWD. |
| 9-10 | Shift body weight only L (rocking action back). Hold |
| 11-12 | Shift body weight FWD onto R foot (rocking action FWD). Hold |
| 13 | Shift body weight BACK onto L |
| 14 | Shift body weight FWD onto R |
| 15-16 | Close L to R. Do not transfer weight to L. Hold |

PART 2

- | | |
|------|---|
| 1-4 | Facing center, do a Yemenite R. Step on R toe to side (1)
Step on L toe next to R heel (2)
Step on R FWD, crossing slightly in front of L (3)
Hold (4) |
| 5-8 | Turn to face LOD (CCW). Take 3 steps FWD (L, R, L). Hold
Hands are brought to shoulder level for these three steps. |
| 9-32 | REPEAT PART 2, counts 1-8, three more times. |

