

# NAD ILAN

Source: Israeli circle dance, composed by Jonathon Karmon and arranged for folk dancers by Danny Uziel.

Formation: Circle, hands held at shoulder level, face center.

Rhythm: 4/4 meter

## Measures

### Part 1 - Miserlouí Action / Sways

- 1 Step on R toward center (1), touch L toe in front of R (2), swing L around to L (&), step on L behind R (3), step on R to R (&), step L crossing in front of R, turn to face CCW (4)
- 2 Facing and moving in LOD (CCW), step on R FWD holding L in place (1), step back on L in RLOD, keeping R in place (2), step on R FWD in LOD (3), close L to R (&), step on R FWD (4)
- 3 Step back on L in RLOD (1), close L to R (&), step back on L in RLOD (2), turn to face center, step on R to R, keeping L on the spot, pivoting body to the L (3), pivot on both feet to turn body to R (&), pivot on both feet to turn body to L (4), pivot on both feet to turn body to R (&)
- 4-6 REPEAT action of measures 1-3

### Part 2 - Center / Out / Balance Action

- 1 Facing and moving to center, take step bend toward center on R, turning body slightly to L (1), turn body slightly to R, take step bend to center on L (2), step back from center on R w/step bend, still facing slightly to R (3), turn body slightly to L, and take step bend back from center on L (4)
- 2 Hands brought up to shoulder level, facing center, step on R to center holding L in place (1), step back on L in place, keeping R in place (&), step FWD on R in place (2), slight hop on R swinging L FWD (&), step FWD on L holding R in place (3), step back on R in place (&), step on L back behind R (4), slight hop on L lifting R slightly off floor (&)
- 3 REPEAT action of measure 1, Part 2, lowering hands to side
- 4 Step FWD on R bending knee on step in (1), continue shifting weight of body over R, straightening body, keeping L toe on floor. Hands have been gradually brought up to shoulder height, slightly FWD of dancers (2), step back on L, same bending and straightening action as for counts 1, -2 hands now being gradually lowered. R heel is kept on the spot, R toe raised from floor (3, 4)

### Part 3 - Step Bends Around Circle, Moving in LOD

- 1 Facing center, moving around circle in CCW direction, or regular LOD, step bend on R to R (1), step bend on L crossing in front of R (2), step bend on R to side (3), step bend on L behind R (4)
- 2 REPEAT action of measure 2, Part 2
- 3 REPEAT action of measure 1, Part 3
- 4 Facing center, step on R to R, holding L in place, gradually straightening body over R (1,2), step on L to L holding R in place, gradually straightening body over L (3, 4)

