

!•VARECH•CHA

Dance: G. Kadmon Type: Hasidic circle dance Translation: May You Be Blessed

Formation: Single circle, no partners, facing center, all hands joined, R foot free.

<u>Measures</u>	<u>Counts</u>	<u>FIG. 1</u>
1	1	Light leap onto R foot to the R
	2	Cross and step on L foot in front of R foot
	3	Step SDWD R on R foot
	4	Cross and step on L in back of R foot
2	5-6	2 steps FWD, toward center (R, L), raising arms FWD and upward
	7-8	2 steps BKWD (R, L), lowering arms
3-8		REPEAT entire pattern 3 more times (4 total)
		<u>FIG. 2</u> - Arms extended SDWD, hands on neighbour's shoulders facing center
1	1	Step SDWD R on R foot
	2	Cross and step on L foot in back of R foot
	3	Step SDWD R on R foot
	4	Raise L leg SDWD L, leaning body to R
2	5-8	REPEAT pattern to L, starting w/L foot
3-4	1	Double Cherkessiya: Cross and step on R in front of L
	2	Step on L in back of R
	3	Step SDWD L on L
	4	Cross and step on L in front of R
	5	Step on R in back of L
	6	Step SDWD L on L
	7	Cross and step on R in front of L
	8	Step on L in back of R
5	1	Step SDWD R on R foot
	2-4	Raise L leg across in front of R hopping 3 times
6	5-8	Step SDWD L on L foot and hop 3 times on L foot w/R leg raised across in front of L
7	1-2	2 light running steps FWD, toward center (R, L)
	3-4	Hop twice on L foot w/R leg raised across in front of L
8	5-8	4 steps BKWD, away from center (R, L, R, L)
		REPEAT ALL OF PART 2
		REPEAT ENTIRE DANCE

