

# MA NAVU

## MA NAVU - Israeli Circle Dance

Record: TIKVA 45 rpm - 45-102

Dance Formation: Circle, hands joined, facing center -- no partners.

### PART I

<u>Count</u>	<u>Pattern</u>
1,2	Touch R toe fwd and hold.
3,4	Touch R toe to R side and hold.
5-8	Twinkle step. Step back on R (ct 5). Step L next to R (ct 6). Step fwd on R (ct 7). Hold (ct 8). L ft is left on the spot and not brought fwd.
9,10	Shift body weight onto L (rocking action back), and hold.
11,12	Shift body weight fwd onto R ft (rocking action fwd), and hold.
13	Shift body weight back onto L.
14	Shift body weight fwd onto R.
15,16	Close L to R and hold.
	<u>Repeat all of above.</u>

### PART II

1-4	Facing ctr, do a R Yemenite. Step On R toe to side (ct 1), step on L toe next to R heel (ct 2), step on R fwd, crossing slightly in front of L (ct 3). Hold (ct 4).
5-8	Turn to face LOD and take three little running steps fwd, L,R,L. Hold. (Hands are brought to shoulder level for these three steps.)
9-32	Repeat these cts 1-8 three more times.
	<u>REPEAT ENTIRE DANCE.</u>

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