

AL SEDEINU

Translation: On our field *Dance:* Bentsy Tiram

Meter: 3/4 *Presented by:* Sandy Starkman / KDI, 1988

Formation: Circle with hands joined high, face center.

Measures	Counts	Descriptions
Part A		
1 - 2	1 - 6	Double tcherkessia (R to R)
3	1 - 3	3 sways - R, L, R
4	1	Cross L over
	2 - 3	2 steps in LOD (R, L)
5 - 8		Repeat measures 1-4, Part A
Part B		
1	1 - 2	2 steps into center
	3	Brush R heel FWD while lifting on L
2	1 - 3	Repeat measure 1, Part B
3 - 4	1 - 6	Double tcherkessia (R to R)
5	1 - 3	3 step turn (R, L, R) turn CW away from center and end facing LOD
6	1	Step L FWD while bending knees
	2	Step R in place
	3	Step L back while bending knees
7 - 8	1 - 6	Grapevine R to R
9 - 16		Repeat measures 1-8, Part B

