

LAMENATSEACH

Pronunciation: lah-meh-nah-TSAY-ach *Source:* Dance by Moshe Eskayo and learned from him in Evanston, IL, SEP. 1977, as taught at International House of the University of Chicago by Dee and Frank Alsberg, SEP. 1977

Formation: Mixed circle, hands joined down at side. 10 measure introduction.

Rhythm: 2/4

Measures

FIG. 1 (*Melody A; 8 measures plus 10 measures, repeated*)

- 1 Facing and moving in LOD (CCW), step FWD on R foot (ct 1), close L foot next to R foot (ct &), step FWD on R foot (ct 2), begin to bring L foot FWD in preparation for next step on it (ct &). This is a two-step.
- 2-4 REPEAT action of FIG. 1, measure 1 three more times alternating footwork.
- 5 Turning to face center and moving in RLOD (CW), step slightly to L on R foot, crossing in front of L foot (ct 1), step slightly to L on L foot (ct &), step slightly to L on R foot, crossing behind L foot (ct 2), step slightly to L on L foot (ct &).
- 6 REPEAT action of FIG. 1, measure 3, counts 1, &, 2 (cts 1, &, 2), hold on R foot (ct &)
- 7 Turning to face RLOD and moving in RLOD, step FWD on L foot (ct 1), close R foot next to L foot (ct &), step FWD on L foot (ct 2), begin to bring R foot FWD in preparation to stepping on it (ct &). This is a two-step.
- 8 Step FWD on R foot (ct 1), turning 1/2 turn CCW to face LOD, step FWD in LOD on L foot (ct 2).
- 9-14 REPEAT action of FIG. 1, measures 1-6 exactly.
- 15-16 REPEAT action of FIG. 1, measure 7 (2-steps) twice, beginning on L foot and alternating foot work for the second time.
- 17 Still facing RLOD, step FWD on L foot (ct 1), step FWD on R foot, turning 1/2 turn CCW to face LOD (ct 2).
- 18 Facing and moving in LOD, repeat footwork of FIG. 1, measure 7 exactly. (2-step L).
- 19-36 REPEAT action of FIG. 1, measures 1-18 exactly, except on measure 36 two-step CCW for a 1/4 turn to face center.

FIG. 2 (*Melody B; 8 measures plus 8 measures*)

- 1-2 Releasing hands and moving into center, walk FWD 3 steps (R, L, R) (cts 1, 2; 1), hold w/weight on R foot, swinging L foot FWD slightly, clap hands (ct 2).
- 3-4 Backing away from center, walk BKWD 3 steps (L, R, L) (cts 1, 2; 1), hold w/weight on L foot, raising R foot FWD slightly and clapping hands (ct 2).
- 5-6 Moving in LOD, turn 1 complete CW revolution in three steps (R, L, R) (cts 1, 2; 1), hold, clapping hands. (ct 2).
- 7-8 Moving in RLOD, repeat action of FIG. 2, measures 5-6, using opposite footwork.
- 9-16 REPEAT action of FIG. 2, measures 1-8 exactly.

REPEAT dance from the beginning.



