

AL ACHAT

Israeli song.

learnt from Martine Winnington

V hold.

A useful dance for opening a circle/
(Starting.)
Can be Open Circle or closed.

16 steps →

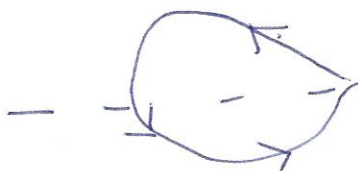
↑ 8 step to centre, arms come up to
about shoulder level

↓ 8 step out. Arms back to V.

Line of
dance



Circle R in 8



Circle L in 8

Creates an infinity symbol.

∞ on the floor.

Taught by Sue Kendrey