Isha Al Hachof (C)

A Woman on the Shore. 2004. Mali Lipson & Moshe.

Part 1

		Start facing a when lyrics start. Rhythm of music is in groups of 5 beats.	
1-2	rl	Walk, walk.	
3-5	rlr	Full turn a.	
6-7	l-	Step f with a lift, pause.	
8-10	rlr	Going c: Behind and in front with ¼ pivot a on first step. Finish facing i.	
11-12	l-	Open, pause.	
13-15	rlr	Going c : behind and in front.	
16-17	lr	Rock b , sweep r across in front.	
18-20	rlr	Open, cross f , rock b .	
21-23	lrl	Push full turn c going a. On repeat: 3/4 turn.	
24-25	rl	Open, cross \mathbf{f} with $\frac{1}{4}$ pivot \mathbf{c} . On repeat: open, cross \mathbf{f} going \mathbf{i} .	

Repeat Part 1.

Part 2

		Facing c .
1-2	r-	Open \mathbf{i} and lean to \mathbf{r} , pause. Arms bent at elbow and hands pointing \mathbf{l} .
3-5	lrl	Behind and in front while doing a ½ turn c. Now facing a.
6-7	r-	Open \mathbf{o} and lean to \mathbf{r} , pause. Arms bent at elbow and hands pointing \mathbf{l} .
8-10	lrl	Full turn \mathbf{a} going \mathbf{i} . On repeat: $\frac{3}{4}$ turn \mathbf{a} to finish facing \mathbf{i} .

Repeat Part 2 but start facing a and going o.

Part 3

		Facing i.
1-2	rl	Cross f , rock b .
3-5	rlr	Open, cross f , rock b .
6-8	lrl	Push full turn c going a .
9-10	rlr-	Cha-cha sideways.
11-12	lr	Cross f , rock b .
13-15	lrl	Open, cross f , rock b .
16-18	rlr	Push full turn a going c .
19-20	lr	½ turn a going c. Now facing o.
21-23	lrl	Cross b , open with $\frac{1}{2}$ pivot c , open.
24-25	rl	Step b , rock f .

Repeat Part 2 twice and then Part 3.

Part 4

		Facing i.	
1-2	r-	Open a and lean to r , pause. r arm out to r and up. l arm straight at side.	
3-5	lrl	Going a : behind and in front while doing $\frac{1}{2}$ turn c . Now facing o .	
6-7	r-	Open c and lean to r , pause. r arm bent behind and l arm bent in front away	
		from body.	
8-10	lrl	Going a : open, cross f, open with ½ turn a on last 2 steps.	

Repeat part 4 three more times. After the second time through, part 4 is done 6 times.

Start Part 1 again. Whole dance repeats twice.

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Jack Steel's step notation (see http://www.israelidances.com/StepsLegend.htm for explanation of the codes):

$$\begin{array}{l} \{\{WT'S'_{la}\underline{\&}_{cT'l}S_{l}\underline{\&}_{cr}S_{lv}S_{X}S_{lTa}S_{XT1/T'l}\}\\ \text{L. B Y. J Y. J Y. B Y. Y B.} \\ c\{\{S_{i}\underline{\&}_{iT2}S_{o}T'_{i}\}_{a}i[X_{c}S_{X}S_{lTa}/_{T'6}S_{C}/\underline{\&}_{cT2}]R_{bo}\}i\{S\underline{\&}_{T2}ST'_{2a}\}^{4/6}\}\\ \text{J Y. J Y. B Y. Y/YB }\underline{Z}/Y \text{ B J Y. J Y.} \end{array}$$