

# Mitachat Laadama (C)

Below Earth. 2008. Shmulik Gov Ari.

## Part 1

		Start facing <b>a</b> .
1-2	<b>rl</b>	Going <b>a</b> : walk, walk with ½ pivot <b>a</b> .
3-4	<b>rl</b>	Going <b>a</b> backwards: walk, walk with ½ pivot <b>c</b> .
5-6	<b>rl</b>	Going <b>a</b> : walk, walk with ¼ pivot <b>a</b> . Now facing <b>i</b> .
7-8	<b>bbb-</b>	On both feet: Twist knees to <b>l</b> , twist to <b>r</b> , twist to <b>l</b> , pause.
9-10	<b>b-lr</b>	Jump onto both feet slightly apart facing <b>a</b> , pause, step <b>b</b> , rock <b>f</b>
11-12	<b>lrl-</b>	Going <b>a</b> : step together step, pause. Finish with ¼ pivot <b>a</b> to face <b>i</b> .
13-14	<b>rl</b>	Sway, touch keeping legs apart and shimmy shoulders.
15-16	<b>lr</b>	Sway, touch keeping legs apart and shimmy shoulders.

Repeat **Part 1**.

## Part 2

		Facing <b>i</b> .
1-2	<b>rl</b>	Going <b>a</b> : Full turn <b>c</b> slowly.
3-4	<b>rlr-</b>	Going <b>a</b> : step together step, pause.
5-6	<b>lr</b>	Step <b>f</b> with ¼ pivot <b>a</b> , open.
7-8	<b>lrl-</b>	Going <b>a</b> : behind and in front, pause.

Repeat **Part 2**.

Start **Part 1** again. On second time through continue on with Part 3.

## Part 3

		Facing <b>i</b> .
1	<b>rr</b>	Going <b>i</b> : Debka kick (kick <b>r</b> while hopping on <b>l</b> , land on <b>r</b> ) and twist body to <b>r</b> .
2-4		Repeat 1 on alternate feet.
5-6	<b>rlrl</b>	Open, balance, cross <b>b</b> , rock <b>f</b> . Arms go low to <b>r</b> on first 2 steps and then up to <b>l</b> on last 2 steps.
7-8		Repeat 5-6.
9-10	<b>rl</b>	½ turn <b>c</b> . Now facing <b>o</b> .
11-12	<b>rl</b>	Open, cross <b>f</b> .
13-14	<b>rlr-</b>	Side Yemenite.
15-16	<b>lrl-</b>	Side Yemenite.

Repeat **Part 3** but start facing **o**.

## Part 4

1-2	<b>rlr-</b>	Going <b>i</b> : Step <b>f</b> , cross <b>b</b> , step <b>f</b> , pause (swim).
3-4	<b>lrl-</b>	Going <b>i</b> : Step <b>f</b> , cross <b>b</b> , step <b>f</b> , pause (swim).
5-6	<b>rlrl</b>	Open, cross <b>b</b> , open, cross <b>f</b> .
7-8	<b>rlr-</b>	½ push turn <b>a</b> with close on 3 <sup>rd</sup> step, pause.

Repeat **Part 4** but start facing **o**.

Start **Part 1** again.