

# Se'arat Regashot (P)

Emotional Storm. 1998. Avi Perez.

## Part 1

Both start facing **a** on opposite feet. Hold inside hands. Steps are for boy. Girl's steps are mirror except where noted.

- 1-4 **lrlr** Going **a**: grapevine with ¼ turn **c** on last to steps to finish facing each other and take opposite hands.  
5-8 **lrlr** Open, cross **f**, rock **b**, open.  
9-10 **lr** Cross **f**, cross **f**.  
11-12 **lr** Step **b**, rock **f**.  
13-14 **lr** ¼ turn **c** moving **o** while scrolling the girl who does ¼ turn **a**. Boy finishes on **o** with both facing **c**.  
15-16 **lr** Step, step on the spot while unscrolling the girl who does full turn **c**.

Repeat **Part 1** but start facing **c**.

## Part 2

Both facing **a**. Holding inside hands.

- 1-4 **lrlr** Going **a**: grapevine with ¼ turn **c** on last to steps to finish facing each other and take opposite hands.  
5-6 **lr** Balance, balance. Girl does ½ pivot turn **a** while being scrolled by boy.  
7-8 **lr** Step on the spot, walk **b**. Girl does step, walk **b**.  
9-10 **lr** Step **b**, rock **f**.  
11-12 **lr** Step **f**, rock **b**. while unscrolling the girl who does ½ turn **c**.  
13-16 **lrlr** Paso Doble. *On repeat: finish facing o and girl.*

Repeat **Part 2** but start facing **c**.

## Transition

Facing **o**.

- 1-4 **lrlr** Open, cross **b**, open, cross **f**.

## Part 3

Facing girl and **o**.

- 1-4 **lrl-** Side Yemenite with a ¼ pivot **c** and lift on last step.  
5-8 **rlrl** Cross **b**, open with push, full turn **c** in 2 steps.  
9-11 **rlr** ½ turn **a** while moving **o** behind girl. She does ½ turn **c** under boy's **l** arm moving **i**.  
12-14 **lrl** ½ turn **c** while moving **i** behind girl. She does ½ turn **a** under boy's **r** arm moving **i**.  
Finish facing girl and **o** and take opposite hands in front.  
15-16 **rl** Step, sweep **a**.  
17-20 **lrlr** Open, cross **b**, open, cross **f**.  
21-22 **lr** Step **b**, rock **f**.  
23-24 **lr** Full pressure turn **c**.  
25-26 **lr** Going **a**: open, cross **f**, girl does full turn **c** under boy's **l** arm.  
27-30 **lrlr** Balance, balance, cross **b**, rock **f**. Girl does full push turn **a**.

Repeat **Part 3**.

Do **Transition**.

Start **Part 1** again. At end of dance, step **b**, rock **f** and dip the girl.

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

{G<sub>T1</sub>S<sub>X</sub>[X<sub>p</sub>'1]R<sub>bi</sub>To1 W.}c{G<sub>T1</sub>BW.R<sub>bi</sub>T<sub>o1</sub>}cS<sub>bf</sub>{Y'&T<sub>c</sub>[T'<sub>o2</sub>]tS<sub>bf</sub>R<sub>b</sub>TS<sub>X</sub>S<sub>Xb</sub>}S<sub>bf</sub>  
L. W W. B W B. W B B. S B. W, Z B Y Y I: W B B. Z Z. W,