

Tzovet Li Balev (P)

Gripping My Heart. 2006. Israel Yakovee.

Part 1

Start facing each other with boy facing **i** and girl facing **o** on opposite feet. Steps are for boy. Girl's steps are mirror (and turns are opposite) except where indicated. No hands at start.

- 1-2 **lrl** Going **c**: full turn **a**, pause.
3-4 **rlr-** Cross **f**, open, balance, pause and lift **l** leg behind.
5-6 **lrl-** Going **a**: Behind and in front.
7-8 **rlr-** Change places: $\frac{1}{2}$ turn **c** while moving **i** with girl on **r**.
9-16 Repeat 1-8. Boy is now on **i** facing **o**. Finish back where you started.
17-18 **lrl-** Take girl's **l** hand in boy's **l**. Back Yemenite.
19-20 **rlr-** Back Yemenite but move forward on last step **r** shoulder to **r** shoulder with girl behind boy. Boy's **r** hand takes girl's **l** behind her. Boy's **l** hand takes girl's **r** hand behind boy.
21-22 **lrl-** Side Yemenite. Release **r** hand from girl's **l** and girl does $\frac{1}{2}$ turn **c** behind boy to finish facing **i** on his **l** side.
23-24 **rlr-** Back Yemenite with $\frac{1}{4}$ turn **c** to face **a**. Girl does step together step, pause in front of boy to finish on his **r** side and in front of him also facing **a**. Hands at shoulders, **l** to **l** and **r** to **r**.
25-26 **lrl-** Going **a** and **i** (45° to circle line): step together step, pause.
27-28 **rlr-** Going **a** and **o** (45° to circle line): step together step, pause. Finish facing
29-30 **lrl-** Side Yemenite with $\frac{1}{4}$ turn **a**. Girl does $\frac{3}{4}$ push turn **a** in front of boy to finish on **i** facing boy. Release hands.
31-32 **rlr-** Going **a**: full turn **c**, pause.

Repeat **Part 1**.

Part 2

Boy facing girl (and **i**).

- 1-2 **lrl-** Going **i** and **r**: Hold **l** hand to **l** hand. Girl goes backwards. Step together step, pause.
3-4 **rlr-** Going **i** and **l**: Hold **r** hand to **r** hand. Girl goes backwards. Step together step, pause.
5-6 **lrl-** Take **l** hand to **l** hand over **r**. Back Yemenite. Last step is forward ready for next sequence. Don't release hands but lift **l** up in preparation for the next turn.
7-8 **rlr-** $\frac{1}{2}$ turn **a**. Girl does $1\frac{1}{2}$ turn **c** moving to the **r** of the boy to finish facing **i** and the boy.
Change hands, **l** to **r** and **r** to **l** in front.
9-10 **lrlr** Going **a**: Open, behind, step **b**, step **f**.
11 **lr** Pressure turn.
12 **lr** Take girl's **l** hand in boy's **r** at her waist and $\frac{1}{4}$ turn **a**, while girl does $\frac{3}{4}$ turn **c**. Boy's **r** hand finishes behind girl holding her **l** at waist and boy's **l** hand in front of him holding girl's **r**. Finish facing **a** (girl facing **c**).
13-14 **lrl-** Going **a**: Step together step, pause. Girl does this step backwards.
15-16 **rlr-** $\frac{1}{4}$ turn **c**, pause, girl does $\frac{3}{4}$ turn **a** to finish facing the boy. Release hands.

Repeat **Part 2** going **o**.

Start **Part 1** again.