

Bo Lagalil

(Israel)

Translation: From the Galilee
 Notes by Andrew Carnie November 24, 2001
 Open circle, hands held down, except where noted

FIGURE 1 -- RUNNING

bar 1 (flick feet back on runs)

1	2	3	4
R	L	R	L
in LOD	in LOD	in LOD	in LOD

bar 2

R	hop R	hop R	L
in LOD	extend L to L travel LOD	extend L to left travel LOD	in LOD

3-8 repeat 1-2 three more times

FIGURE 2 – CIRCLE AND CHERKESIYA

bar 1 drop hands, lead with R hand up, make 1/2 a CW turn over own axis

R	L	R	hop R
↘	↓	↙	●

bar 2 complete turn

L	R	L	hop L
↖	↑	↗	●

bar 3 Cherkesiya

R	L	R	L
↑	●	↓	●
hands up, palms facing chest	arms come down, palms turn towards floor	arms are down, palms face back	arms come slightly forward

bar 4 repeat Bar 3

Bo Lagalil – continued

FIGURE 3 – PAS DE BASQUE

bar 1 arms up over head snap R and L, travel into the center

1	&	2	3	&	4
R	L	R	L	R	L
↑	↑	↑	↑	↑	↑

bar 2 repeat bar 1

bar 3 back out of center

R	L	R	hop R
↓	↓	↓	●
hands come down			hands at waist height, palms up

bar 4 repeat bar 3, opposite footwork

bar 5 crossing

R	L	R	hop R
↖	↘	→	●
Right hand points down in front of body			hands out to side

bar 6 repeat bar 5 opposite footwork and direction.

At the end of the music you stop doing part 1, and simply alternate figures 2 and 3.