

Tishmeru Al Atzmechem (C)

Take Care of Yourself. 2008. Dudu Barzilay.

Part 1

		Start facing a .
1-4	rlrl	Going a : open grapevine.
5-6	rl	Walk, sweep.
7-8	lrl-	Going a : cha-cha.
9-12	rlr-	$\frac{3}{4}$ turn c , touch. Now facing i .
13-14	lr	$\frac{1}{4}$ turn a .
15-16	lrl-	Going c : cha-cha.
17-20	rlr-	Going c : Na'ale.
21-24	lrl	Going a : Walk, walk, walk, $\frac{1}{4}$ pivot a .
25-28	rlrl	Cherkessia.
29-30	rl	$\frac{1}{2}$ pivot turn a .
31-32	rl	$\frac{1}{2}$ pivot turn a .

Repeat **Part 1**.

Transition

1-4	rllr	Open, touch, open, touch.
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Part 2

		Facing i .
1-2	rl	$\frac{1}{4}$ turn c .
3-4	rlr-	Going a : cha-cha.
5-6	lr	Walk, touch in front.
7-10	rlrl	Behind and in front (with $\frac{1}{2}$ turn a), touch. Now facing c .
11-14	lrl-	Behind and in front (with $\frac{1}{4}$ turn c), pause. Now facing i .
15-16	rl	Step b , rock f .
17-18	rl	Step f , rock b .
19-20	rlr-	$\frac{1}{2}$ turn c going o in cha-cha step. Now facing o .
21-22	lr	Step f , touch.
23-26	rlrl	Behind and in front (with $\frac{1}{2}$ turn a), touch. Now facing i .
27-30	lrlr	Behind and in front (with $\frac{1}{4}$ turn c), touch. Now facing a .
31-32	rl	Going a : $\frac{3}{4}$ turn c .
33-34	rl	Going a : open, cross b .
35-36	rlr-	$\frac{1}{2}$ turn c , pause.
37-38	lr	Going a : open, cross b .
39-40	lrl-	$\frac{1}{2}$ turn a , pause. Now facing i .
41-44	rlrr	Going i : Na'ale.
45-48	lrl	Going o : walk, walk, walk, $\frac{3}{4}$ pivot c .
49-52	rlrr	Going a : walk, walk, walk, $\frac{1}{2}$ pivot a .
53-56	lrlr	Going c : walk, walk, walk with $\frac{1}{4}$ pivot c , touch. Now facing i .
57-58	rl	Balance, balance.
59-62	rlrl	Box step.
63-64	r-	Close, pause.

Start **Part 1** again. After 2 times through repeat 49-64 of part 2, then 1-14 of part 2.