KAREV YOM

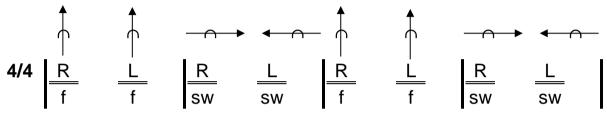
Choreography: Nanni Kloke

Music: Nobilate Track 5 by Cantique (CD Ref: Natural Dance Productions)

Time: 6.32

Formation: Separately in a circle

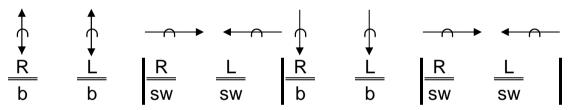
Rhythm: 4/4. Slow meditative. Intro 16 bars - start with violin.



Hands held out in front of body at waist

Turn palms to face upwards

height. Palms down



Take arms through centre to Palms face

Take both hands to solar plexus, elbows out.

backwards

Key to notation

b back

f forward

sw sway