

# 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.

4/4

$\left| \begin{array}{c} \text{R} \\ \text{f} \end{array} \right| \quad \left| \begin{array}{c} \text{L} \\ \text{f} \end{array} \right| \quad \left| \begin{array}{c} \text{R} \\ \text{sw} \end{array} \right| \quad \left| \begin{array}{c} \text{L} \\ \text{sw} \end{array} \right| \quad \left| \begin{array}{c} \text{R} \\ \text{f} \end{array} \right| \quad \left| \begin{array}{c} \text{L} \\ \text{f} \end{array} \right| \quad \left| \begin{array}{c} \text{R} \\ \text{sw} \end{array} \right| \quad \left| \begin{array}{c} \text{L} \\ \text{sw} \end{array} \right| \quad \left| \right|$

Hands held out in front of body at waist height. Palms down

Turn palms to face upwards .....

$\left| \begin{array}{c} \text{R} \\ \text{b} \end{array} \right| \quad \left| \begin{array}{c} \text{L} \\ \text{b} \end{array} \right| \quad \left| \begin{array}{c} \text{R} \\ \text{sw} \end{array} \right| \quad \left| \begin{array}{c} \text{L} \\ \text{sw} \end{array} \right| \quad \left| \begin{array}{c} \text{R} \\ \text{b} \end{array} \right| \quad \left| \begin{array}{c} \text{L} \\ \text{b} \end{array} \right| \quad \left| \begin{array}{c} \text{R} \\ \text{sw} \end{array} \right| \quad \left| \begin{array}{c} \text{L} \\ \text{sw} \end{array} \right| \quad \left| \right|$

Take arms through centre to Palms face backwards

Take both hands to solar plexus, elbows out.

**Key to notation**

**b** back

**f** forward

**sw** sway