Al Sadenu (AHL sah-DAY-noo) is a circle dance which translated means "On Our Field." It was choreographed by Betsy Tirum, and presented at the 1979 Folk Dance Camp, University of the Pacific, by Yaakov Eden.

MUSIC: Record: CP #29, Israeli Folk Dances of Benzi Tirum. Side A, Band 2.

FORMATION: Circle, hands joined high in "W" pos, slightly fwd. Face ctr.

STEPS
- Walk*, Brush, Grapevine, Three-step-turn
- Double tcherkesia: With slight body lift, step on R to R (ct 1); step on L across in front of R, bending both knees (ct 2); step on R in place (ct 3); with slight body lift, step on L sdwd to L (ct 4); step on R across in front of L, bending both knees (ct 5);

STYLING:
- step on L in place (ct 6). Pattern has an "up-down" feeling.

*Described in Steps and Styling, published by the Folk Dance Federation of California, Inc., 1275 "A" Street, Room 311, Hayward, California 94541.

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MUSIC 3/4  

PATTERN

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Measures

2 meas  INTRODUCTION: No action

I. DOUBLE TCHERKESSIA, SWAY, and WALK

1-2  Beg R, dance one double tcherkesia.

3  Sway R,L,R: Step on R to R, lean body to R, bending R knee and taking wt on R (ct 1); shift wt onto L, leaning body to L and taking wt on L (ct 2); again shift wt onto R, leaning body to R and taking wt on R (ct 3).

4  Step L across in front of R, bending L knee slightly (ct 1); take two steps R,L in LOD.

5-8  Facing ctr, repeat action of meas 1-4.

II. TO CTR, DOUBLE TCHERKESSIA, THREE-STEP TURN and GRAPEVINE

1  Take two small steps twd ctr R,L (ct 1,2); brush R heel fwd while lifting on L (ct 3); straighten L knee and point R toe downward (ct 4).

2  Repeat action of meas 1 (Fig II).

3-4  Beg R, dance one double tcherkesia.

5  Turn CW away from ctr with one three-step-turn R,L,R (ct 1,2,3). Finish facing LOD, rejoining hands with R hand reaching fgd to join with person on R (ct 4).

6  Step fwd (LOD) on L, bending knees (ct 1); step in place on R (ct 2); step back on L, bending both knees (ct 3).

7-8  Face ctr and dance a 6 ct grapevine: step on R to R (ct 1); step on L across in front of R (ct 2); step on R to R (ct 3); step L across behind R (ct 4); step on R to R (ct 5); step on L across in front of R (ct 6). The pattern is "up" on R (cts 1,3,5) and "down" with slight knee bend on L (cts 2,4,6).

9-16  Repeat action of meas 1-8 (Fig II).