**Arba Onot (ארבע עונות)**

(Israel)

The title *Arba Onot* comes from the chorus of the song, which translates to: *Let us understand that the heart is like nature / There are four seasons*. This is Hebrew wordplay, based on the double meaning of the word *ona* (pl. *onot*), which means both season and heart chamber.

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| Arranged by: | Gadi Bitton | Year: | 2018 | |
| Pronunciation: | AR-bah OH-note | Translation: | Four Seasons | |
| Music: | 4/4 meter | Song title:  Singer: | | Le’olamim  Avi Sinuani (or Sinvani) |
| Formation: | Circle, hands not held | | | |
| Steps & Styling: | Quick, smooth, and graceful | | | |

Meas 4/4 meter Pattern

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| 8 meas |  | INTRODUCTION. *No action.* |
|  | I. | FIGURE 1: LE’OLAMIM |
|  |  | *Right foot free, moving along the counterclockwise line of direction.* |
| 1 |  | Open R to R side (1), L crosses in front (2). Quick R Yemenite: sway R (3), sway L (&), R crosses in front (4). |
| 2 |  | Moving on the clockwise line of direction, turn in 3 steps: left (1), right (&), left (2). Walk on the clockwise line 3 steps: right (3), left (&), right (4). |
| 3 |  | Facing the clockwise line, step L slightly to the L and sway on it (1), sway on R in place (2). Moving in toward center: L crosses behind (3), R steps to the side (&), L crosses in front of R while turning ¼ to face center (4). |
| 4 |  | Move backwards 3 steps: R (1), L (&), R (2). Facing the center, step slightly L and sway on L (3), sway in place on R (&), cross L over R and rock on it (4), rock back onto R (&). |
| 5 |  | Repeat meas. 1-4 with opposite footwork. |
|  | II. | CHORUS: ARBA ONOT |
|  |  | *Facing center and moving on the counterclockwise line of direction. The tempo is significantly faster than in Figure 1.* |
| 1 |  | Stomp on R (1) and hold (2). Sway L (3), sway R (4). |
| 2 |  | Cross L over R (1), hop on L while traveling on ccw line (2), R to the side (3), L behind (4). |
| 3 |  | Step R to R making a ½ turn over the R shoulder to face out (1), L to L side (2), R behind (3), L to side (4). |
| 4 |  | Continuing to move along the counterclockwise line, turn ½ over the R shoulder to face in toward the center in 4 steps (1, 2, 3, 4). |
| 5-6 |  | Balance R: step R to the R (1), hold (2), L rocks behind (3), rock weight back onto R (4). Balance L (5-8). |
| 7-8 |  | Slow, full turn over the R shoulder in 4 steps: R (1), L (3), R (5), L (7). The turn should be sharp, with your body moving more in a diamond pattern than a circle. *These four steps coincide with the words “arba onot” (four seasons), and thus represent them.* |
|  | III. | FIGURE 2: INSTRUMENTAL |
|  |  | *Moving in toward the center, leading with the R shoulder.* |
| 1 |  | R to side (1), L behind (2), R behind (3), hold (4). |
| 2 |  | Now leading with the L shoulder, still moving in, a grapevine: L to L (1), R behind (2), L to L (3), R in front (4). |
| 3 |  | Step on L to the side (1), hold (2), two hops (3, 4) on the L foot making a ½ turn over the L shoulder to face out. |
| 4 |  | Sway R to R side (1), sway in place on L (2), cross R over and rock on it (3), rock weight back onto L in place (4). |
| 5-7 |  | Repeat meas. 1-3 facing out. |
| 8 |  | Facing in toward center, grapevine: R to R (1), L behind (2), R to R (3), L in front (4). |
|  |  | Sequence. |
|  |  | Twice through: ( I, II, II, III ) To finish: II, both hands up |

Presented by Aaron Alpert

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| Le’olamim ani echtov otach  Betoch kol ha’shirim  Le’olamim ani ertzeh otach  Le’olamim ani askim  She’tisrati li et ha’lev  Le’od ke’ev mimech le’olamim  Gam im ha’olam ha’zeh yitafech  Niyeh le’olamim  *Chorus*  Mi  Yiten she’batov ve’barah nizdaken  She’nada le’taken ve’lichbnot  She’navin she’halev k’mo la’teva  Yesh arba onot  Arba onot  Le’olamim ani achlom itach  Ve’et ha’kol nagshim  Le’olamim sheli zeh gam shelach  Kol ha’chayim le’olamim  She’titzveri li et ha’lev  Ki hu shelach shelach le’olamim  Gam im ha’olam ha’zeh yitafech  Niyeh le’olamim | לעולמים אני אכתוב אותך  בתוך כל השירים  לעולמים אני ארצה אותך  לעולמים אני אסכים  שתשרטי לי את הלב  לעוד כאב ממך לעולמים  גם אם העולם הזה יתהפך  נהיה לעולמים  *Chorus*  מי  יתן שבטוב וברע נזדקן  שנדע לתקן ולבנות  שנבין שללב כמו לטבע  יש ארבע עונות  ארבע עונות  לעולמים אני אחלום איתך  ואת הכל נגשים  לעולמים שלי זה גם שלך  כל החיים לעולמים  שתצבעי לי את הלב  כי הוא שלך שלך לעולמים  גם אם העולם הזה יתהפך  נהיה לעולמים | Forever, I will write for you  Inside all the songs  I will forever want you  I will forever agree  That you will sing my heart  More pain from you forever  Even if this world upends  We'll be forever  *Chorus*  Who  Will let good and bad grow old  Will let us know how to fix and build  Will let us understand that heart is like nature  There are four seasons  Four seasons  I'll dream to you forever  And everything is accessible  Forever, all that is mine is also yours  Our whole lives are forever  Paint my heart  Because it is yours, yours forever  Even if this world upends  We'll be forever |

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