

ABBA, FATHER

(4/4 time: step, together, step pause)

Interchangeable. Can be adapted to many slow songs; may be done in a circle or in a line procession. Circle goes to the right, counter clock-wise (CCW). No holding hands (NHH), face the back of the person in front of you.



“Let them
praise
His name
with dancing”
Psalms 149:3

Part A:

1. 4 counts: (*stepping sideways to the left into the center of the circle*) **Schlep step to the left and pause.** (L hand is extended outward and upward, R hand behind back, or alternate hand movement is to extend both hands, palms upwards, to the left.)
2. 4 counts: (*stepping sideways to the right going outward*) **Schlep step to the right and pause.** (R hand is extended outward and upward, L hand behind back, or alternate hand movement is to extend both hands, palms upwards, to the left.)
3. 4 counts: **step backwards on L, R together to meet L, and pause.** (Both hands come down together on backward steps and then raised in front and upwards on forward steps as in worship.)
4. 4 counts: **step forward on L, R touch, step forward on R, L touch, step forward on L, R touch.** (Both hands raised in front and upwards on forward steps as in worship.)

Part B:

5. 4 counts: (*stepping sideways to the right going outward*) **Schlep step to the right and pause.** (R hand is extended outward and upward, L hand behind back, or alternate hand movement is to extend both hands, palms upwards, to the left.)
6. 4 counts: (*stepping sideways to the left into the center of the circle*) **Shlep step to the left and pause.** (L hand is extended outward and upward, R hand behind back, or alternate hand movement is to extend both hands, palms upwards, to the left.)
7. 4 counts: **step backwards on R, L together to meet R, and pause.** (Both hands come down together on backward steps and then raised in front and upwards on forward steps as in worship.)
8. 4 counts: **step forward on R, L touch, step forward on L, R touch, step forward on R, L touch..** (Both hands raised in front and upwards on forward steps as in worship.)
Then repeat 1 through 8 over and over until song ends.

DANCE TERMS:

SCHLEP STEP

3 counts

R foot steps forward, L foot steps to meet R foot, R foot steps forward again.

Works well with: *Lay Your Hands on Me, Hashiveinu and similar songs*

