

DAYS OF ELIJAH

(4/4 time) Interchangeable for many slow to medium melodies, done in a circle which gradually goes to the left.

Part A: (For Verses) All in circle, holding hands throughout verse

1. 4 counts: Right harmonika, then step on L foot
2. 4 counts: Mayim to the left
3. 4 counts: R yemenite hop
4. 4 counts: L yemenite hop
5. Repeat 1 through 4 until end of verse

Part B: (For chorus)

1. 8 counts: (Holding hands and raising them up in praise) R hop, Left hop; (holding hands and lowering them as you bow deeply in worship) walk backwards R, L, R, L
2. 16 counts: repeat 1 and 2 two more times or until end of chorus

DANCE TERMS:

הַרְמוֹנִיקָה

3 counts R foot steps in front of L foot, lift L foot slightly and bend right knee gracefully, and bow while swinging right hand in front to left. Step back on L foot, then R foot steps back next to left.

מַיִם

4 counts R foot crosses in front of L foot, L foot steps to left, R foot crosses behind L foot, L foot steps to left.

יְמֵנִיתֵי הוֹפ 4 counts

(Using imaginary circle and may be done with either L or R foot) R foot steps to the right into circle, L foot steps next to circle, R foot steps outside of circle, then hop on R foot.

4-POINT TURN 4 counts

R foot turns and steps to right in 1/4 turn, L foot crosses and steps in front of R foot in another 1/4 turn, R steps foot in front of L foot with a 1/4 turn and L foot finishes with the last 1/4 turn.

Songs this works well with: Days of Elijah, Fall On Me, David's Tent, Av HaRakhamim

