

DR HADLAM MESSIANIC CONGREGATION DANCE CLASS



"Let them praise His name with dancing" Psalms 149:3

HALLELU

Hebrew for: You (I) Praise

(4/4 time)

Interchangeable for many slow to medium melodies,
done in a circle which gradually goes to the left.

1. 4 counts: **Cherkessia** (arms go up in worship on forward steps, come down on backward steps)
2. 4 counts: **Mayim to the left**
3. 5 counts: **Harmonika to left and 3 point turn**
4. 3 counts: **Harmonika to right and close**

Repeat patterns 1 through 5 until song ends.

DANCE TERMS:

CHERKESSIA	4 counts	R foot steps forward, L foot steps back, R foot steps back, L foot steps forward.
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.
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.
3-POINT TURN	3 counts	R foot steps to right, L foot crosses in front of R foot and pivot to face outside, R foot crosses behind L foot and pivot to face inside.

Songs this works well with:

Kadosh, Holy Unto You, Baruch Haba, Oseh Shalom, Shalom Jerusalem, Adon HaKavod, Sing Hallelujah

