

HE IS MY DEFENCE

by Marty Goetz

(slow and graceful 4/4 time)

Dance in a circle going to the right

Part A: (for verses)

1. 4 counts: (face center, holding hands) on ["**My soul wait thou**"] Step on R and pause, point with L foot and pause.
2. 4 counts: on ["**o-n-l-y . . .**"] Swing L foot (in arch) behind R foot, step to right with R foot, cross L foot in front and pivot to face counterclockwise.
3. 4 counts: (With R foot forward) on ["**on-ly upon**"] Schlep step forwards and pause
4. 4 counts: (With L foot backward) on ["**G-d for**"] Schlep step backwards and pause
5. 4 counts: (face center, holding hands) on ["**from Him**"] Step on R and pause, point with L foot and pause.
6. 4 counts: on ["**is my ex--**"] Swing L foot (in arch) behind R foot, step to right with R foot, cross L foot in front and pivot to face counterclockwise.
7. 4 counts: (With R foot forward) on ["**pec-ta--**"] Schlep step forwards and pause
8. 4 counts: (With L foot backward) on ["**a-a-tion--**"] Schlep step backwards and pause
9. 24 counts: Sequences 1 through 8 repeats once more, then
10. 8 counts: balance slowly right to left twice until chorus

Part B: (for chorus)

11. 8 counts: (face center, no holding hands) on ["**He is my defense, I shall**"] one Hopping cherkessia (into center and back out again, arms go up on L foot forward hop and go down on right F backward hop).
12. 4 counts: one harmonika to the left and hop on ["**not b-e**"]
13. 4 counts: one harmonika to the right and hop on ["**mov-ed**"]
14. 16 counts: Sequences 11 through 13 repeats three more times, then
15. 8 counts: on [music interlude] (hold hands again) two mayims to the left
16. 4 counts on [music interlude] balance slowly right to left twice
17. Second verse same as first
18. Sh'ma chorus (do verse steps) it slows a bit, with 8 counts at end for balance steps
19. Last defense chorus repeats extra times, but when he goes into repeats of "I shall not be moved"– just do mayims until he ends.

DANCE TERMS:

SCHLEP STEP	3 counts	R foot steps forward, L foot steps to meet R foot, R foot steps forward again.
HOPPING CHERKESSIA	8 counts	R foot steps forward and hop, L foot steps forward and hop, R foot steps back and hop, L foot steps back and hop.
HARMONIKA	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.

