

DR HADLAM MESSIANIC CONGREGATION DANCE CLASS



הִנֵּה מֵא טוֹב

Hebrew for:

"Behold how good and pleasant it is for brethren to dwell together in unity." Psalm 133

(4/4 time: fast and slow) Traditional Israeli Folk Dance. May be done in a circle or a line going CCW.

Part I (Verse)

1. 8 counts: (In a line, L hand palm up over L shoulder, R hand resting in next person's L hand) **Step R foot, pause; step L foot, pause; step R foot, pause; step L foot, pause.**
2. 8 counts: **Run 8 steps starting R foot.**

Part II (Chorus)

1. 8 counts: (Turn to left to form line, holding hands.) **Stomp R foot, pause; step L foot back, step R foot back, step L foot forward, step R foot forward; stomp L foot next to R foot, pause.**
2. 8 counts: **R Yemenite, pause; L Yemenite, pause.**

Repeat Part I and Part II as long as music continues.

DANCE TERMS:

<i>RIGHT YEMENITE</i>	3 counts	(Using imaginary circle) R foot steps to the right into circle, L foot steps next to circle, R foot steps outside of circle.
<i>LEFT YEMENITE</i>	3 counts	(Using imaginary circle) L foot steps to the left into circle, R foot steps next to circle, L foot steps outside of circle.

