

IT IS GOOD TO PRAISE THE LORD

(medium to fast 4/4 time)



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

Interchangeable. Can be adapted to many medium to fast melodies. May be done in a circle or in a line procession going to the right. No holding hands.

1. 4 counts: (*clapping with each step*) **Run R, L, R, L**
2. 4 counts: **cherkessia** (arms go forward starting on count 1, and back on count 3).
3. 8 counts: **Repeat 1 and 2.**
4. 4 counts: **right Yemenite step, hop on right** (with hands on hips)
5. 4 counts: **left Yemenite step, hop on left** (with hands on hips)
6. 8 counts: (*with each dancer making their own little circle in place*) **step R, hop, step L, hop, step R, hop, step L, hop** (right arm goes up on R hops and down on L hops).

Repeat patterns 1 through 6 until song ends.

DANCE TERMS:

CHERKESSIA	4 counts	R foot steps forward, L foot steps back, R foot steps back, L foot steps forward.
RIGHT YEMENITE	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.
LEFT YEMENITE	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.

Songs this works well with:

It Is Good to Praise the Lord, He Is My Defense, Hallelu et Adonai

