



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

LARGO DANCE

(4/4 time: slow to medium)

Interchangeable. Can be adapted to many slow and medium melodies; done in a circle. Circle goes to the left, clock-wise (CW). No holding hands (NHH).

1. 4 counts: **Brush mayim to the right.** (Hands come together and gracefully go upward as if playing the cymbals)
2. 4 counts: **Brush mayim to the left.** (Hands come together and gracefully go upward as if playing the cymbals)
3. 4 counts: **Mayim to the left.** (Hands and body swing in graceful bows as you turn.)
4. 4 counts: **Cherkessia,** (with right foot first, hands swing upward as in praise when going forward, then downward as you go backwards).

DANCE TERMS:

BRUSH MAYIM

4 counts

To the right: With R foot brush the floor lightly in a circular motion clockwise and step on R foot, then L foot behind right, R foot to the side.

To the left: With L foot brush the floor lightly in a circular motion clockwise and step on L foot, then R foot behind left, L foot to the side.

MAYIM

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.

CHEKKESSIA

4 counts

R foot steps forward, L foot steps back, R foot steps back, L foot steps forward.

Songs this works well with:

Draw Me Lord, In Your Presence, El Elyon, Shalom Alechem, Etz Chaim, Let the Weight of Your Glory Fall, Dance With Me, Shimcha Kodosh

