

MA NAVU

Hebrew for: How beautiful on the mountains are the feet of him who brings good news, proclaiming shalom . . . announcing salvation and saying to Tziyon "Your G-d is King!"
(Isaiah 52:7)

(4/4 time) Interchangeable for many slow to medium melodies, done in a circle.

Part I (for verse)

1. 8 counts: (Facing center, holding hands) **point R foot to front and pause, point R foot to right side and pause, step R foot back, step L foot back, step R foot forward and pause.** (Gently swing arms backwards when stepping back, and forward when stepping forward.)
2. 8 counts: (Still holding hands) **Step L foot back and pause, step R foot forward and pause, step L foot back on toes, step R foot on toes, then drop to heels and pause.** (Again, gently swing arms backwards when stepping back, and forward when stepping forward.)
3. 8 counts: (Facing center, holding hands) **Point L foot to front and pause, point L foot to left side and pause, step L foot back, step R foot back, step L foot forward, and pause.** (Gently swing arms backwards when stepping back, and forward when stepping forward.)
4. 8 counts (Still holding hands) **Step R foot back and pause, step L foot forward and pause, step R foot back on toes, step L foot on toes, then drop to heels and pause.** (Again, gently swing arms backwards when stepping back, and forward when stepping forward.)

Part II (for chorus)

1. 8 counts: (Holding hands facing center) **Right yemenite, pivot to face CCW, then two schlep steps starting with left foot.**
2. Repeat # 1 to end of chorus, face center & do balance steps as fill-in between chorus & verse.

DANCE TERMS:

- 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.**
- SCHLEP STEP** 2 counts **L foot steps forward, R foot steps to meet L foot, bending knees on second count.**

Songs this works well with: *Ma Navu, How I Praise You, The L-rd He Reigns, V'Nafshee Tagil, Oseh Shalom, Baruch Haba, Let the Words of My Mouth*

