

**DR HADLAM MESSIANIC CONGREGATION DANCE CLASS**

# מַיִם, מַיִם

Hebrew for: Water.

Song based on Isaiah 12:3:  
"Then you will joyfully draw water  
from the springs of salvation."

4/4 time - medium to fast

## Part I

1. 16 counts: [On: **Uvshavtem mayim besasson Mima ainay ha Y'shua**] (*Holding hands with circle going clockwise*) **Four mayims to the left** (starting with R foot).
2. 8 counts: [On: **Mayim, mayim, mayim, mayim Hey mayim besasson**] (holding hands and raising them as you go, but running into center) **four steps in, starting with R foot** (drop hands momentarily and clap on 5<sup>th</sup> count while backing out, then hold hands again) **four steps back out of center.**
3. 8 counts: **Repeat #2.**
4. 4 counts: [On: **Hey, Hey, Hey, Hey**](holding hands) four balance steps: **R, L, R, L.**

## Part II

1. 8 counts: [On: **Mayim, mayim, mayim, mayim**] **Hopping on R foot** (for 8 hops), **touch heel, then toe, with L foot** (clap overhead when toe touches).
2. 8 counts: [On: **Mayim, mayim besasson**] **Hopping on L foot** (for 8 hops), **touch heel, then toe with R foot** (clap overhead when toe touches).

## DANCE TERMS:

מַיִם

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.**

