

Or HaOlam Messianic Congregation Dance Class

# NO WEAPON FORMED AGAINST YOU

4/4 time - fast

**Part I (For Verses: start with holding hands, in circle and doing balance steps while waiting)**

1. 4 counts: [On: **No weapon formed against you**] (*Face CCW, drop hands, clapping with each step*) **Run R, L, R, L**
2. 4 counts: **right cherkessia** (arms go upward in praise starting on count 1, and back on count 3).
3. 8 counts: **Repeat 1 and 2 six times more or until chorus** (total of eight times)

**Part II (For chorus: turn and face middle of circle, no holding hands)**

1. 4 counts: [On: **Rise up all you sons of Jacob**] **Jump kick L foot, then jump kick R foot** (clap above head as you kick).
2. 4 counts: **four steps backwards and bowing low** (with hands coming down).
3. 8 counts: **Repeat 1 and 2 six times more or until end of chorus** (total of eight times)
4. (Holding hands) **Do balance steps while singer is quoting scriptures or speaking.**

## Dance Terms:

**Cherkessia**                      4 counts                      **R foot steps forward, L foot steps in place, R foot steps back, L foot steps in place.**

**Balance**                              2 counts                              **Step to R with R foot, step to L with L foot.**

