

Or HaOlam Messianic Congregation Dance Class

OD AVINU CHAI

(4/4 time, slow to moderate)

Yet our Father Lives! The nation of Israel lives!

Interchangeable. Can be adapted to slow melodies; done in a circle which goes to the right, CCW (counter clock-wise).

Part A: (no holding hands)

1. 16 counts: **[on–Od Avinu Chai, Od Avinu Chai. . .]**(facing center) **Going forward slowly** (2 counts for each step): **R, L, R, L heel touch** (clap hands on heel touch). **Going backwards slowly** (2 counts for each step): **L, R, L, R heel touch** (clap hands on heel touch again.)
2. 16 counts: **[on–Od Avinu, od Avinu, od Avinu Chai. . .]**(turn to face right) **left Kibbutz turn**, (clap hands on heel touch), **then right Kibbutz turn** (clap hands on heel touch).
3. **Repeat #1 and #2 until chorus.**

Part B: Chorus (holding hands) **[on–am Yisrael, am Yisrael, am Yisrael chai!]**

4. 8 counts: (facing center) **Seven up step to the left.** (Clap hands on 8th count with left foot up.)
5. 8 counts: **Seven up step to the right.** (Clap hands on 8th count with right foot up.)
6. Repeat to end of chorus

Dance Terms:

Left kibbutz turn	4 counts	R foot steps forward, L foot steps next to R foot with a 1/4 turn to the left, R foot steps behind L foot in another 1/4 turn to the left, then L heel touches in place.
Right kibbutz turn	4 counts	L foot steps forward, R foot steps next to L foot with a 1/4 turn to the right, L foot steps behind R foot in another 1/4 turn to the right, then R heel touches in place.
Seven-up step	8 counts	Starting on the R foot crossing over the left, do 2 mayims, but on the 8th count, the L foot is raised in the air (instead of stepping to the side) and do a little hop or bounce on the R foot.

Songs this works well with: Od Avinu Chai

