

Or HaOlam Messianic Congregation Dance Class

PSALMS 30

by Debbie Chernoff
(fast 4/4 time)

Interchangeable. Medium to fast songs.
Done in a circle going to the left and to the right.
Holding hands.



“Let them praise His
name with dancing”
Psalms 140:3

Part I: [On Verse 1: “**I will exalt You O Lord For You have lifted me up . . .**”]

1. 8 counts: (holding hands facing center of circle) **Starting with R foot, mayim to the left, and with R foot, step hop and then L foot, step hop.**
2. 8 counts: **Repeats 8 times until Chorus**

Part II: [On Chorus: “**So I will dance You have shown mercy to me . . .**”]

1. 8 counts: (holding hands facing center of circle) **Starting with R foot leap sideways to the right four times.** (Hand & arm movements are: when you step on the R foot everyone holding hands moves hands and arms to the right, when you step on your left foot, everyone moves hands and arms to the left, going back and forth as you leap.)
2. 8 counts: (holding hands) **Two cherkessias.** (Arms go up on forward steps, arms come down on backwards steps.)
3. **Repeat #1 & #2 then do open hopping mayim** [on last “**You have shown mercy to me...**”]

Part III: [On Bridge: “**My mourning now You have turned into dancing . . .**”]

1. 8 counts: (holding hands facing center of circle) **Starting with R foot, mayim to the left, and with R foot, step hop and then L foot, step hop.**
2. 8 counts: **Repeats 8 times until Chorus.**

Dance Terms

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.
Step Hop	2 counts	Starting with R foot step forward and then hop on R foot. Then with L foot step forward and hop on L foot.
Cherkessia	4 counts	R foot steps forward, L foot steps in place, R foot steps back, L foot steps in place.
Open Hopping Mayim	8 counts	With R foot step to the right and hop, place L foot in front of R foot and hop, then place R foot to the side and hop, then place L foot behind R foot and hop.

Songs this works well with: Psalm 30, Valley of Bracha, Rejoice, Psalm 145, They Who Trust In the Lord, Worthy (all on Kol Simcha CD :Sing a New Song)

