

Or HaOlam Messianic Congregation Dance Class

“Praise Him with tambourines and dancing.” Psalms 150:4

SCHLEP DANCE

(4/4 time: fast or slow)

Interchangeable, done in a line or circle. (This is a simplified version of the dance, easy enough for visitors to join in without a class)

Learn & practice to “Israel” by Marc Hiatt

Part 1.

1. (8 counts) **4 Schlep steps to the right.** Hands up, even w/ shoulders, elbows down by waist, forming a W.
2. (8 counts) **Walk R, L, R forward (towards center of circle), then hop on R foot. Go backwards L, R, L, then hop on L foot.** Hands start down by sides, but go up as you go forward, optionally clapping on the right hop, then drop back down as you go backwards.

Repeat till end of verse.

Part 2.

1. (4 counts) **Walk R, L, R, L,** with hands lifting up as you go.
2. (4 counts) **R foot forward & pause on heel,** with hands held up as a praise, **then R foot back & pause on toe,** with hands down, as a bow.

Repeat till end of chorus.

Dance Terms:

Schlep Step	2 counts	R foot steps forward (or sideways), L foot steps to meet R foot, bending knees on second count.
Kibbutz Step	4 counts	R foot steps to right, L foot steps behind R foot, R foot steps to R and L foot touches heel in place with a little spring or bounce.

Songs this works well with: No Weapon Formed Against You, Jew and Gentile, Hatikva, Sim Shalom, Israel by Hiatt

