

Or HaOlam Messianic Congregation Dance Class

WAVE OFFERING DANCE

(works well for 4/4 or 3/4 time, slow)

Done either in a circle or procession, gradually going to the right, counter clock-wise (CCW). No holding hands (NHH). Interchangeable.

Choreography by Sylvia Yellin

(For both verses and chorus slowly)

1. 12 Counts: (facing center with arms raised in praise mode; *wave them during introduction*) starting with R foot, do a bowing cherkessia (lower arms in worship mode as you step forward, raise them as you step backwards).
2. 4 counts: R yemenite, and pivot to face CCW (right arm sweeps in front of you and circles up and down, left hand on hip) and balance with L toe.
3. 4 counts: L foot steps forward, (raising L arm to circle up and down in praise), balance with R toe. R foot steps forward, (wave both arms up and to right in praise) and balance with L toe.
4. 4 counts: Step to left with L foot, balance with R toe (waving both arms up and to left in praise).
5. 4 counts With arms still raised and swaying, slowly turn to face center.
6. Repeat steps 1 through 5 until end of song.

Dance Terms:

Bowing Cherkessia 12 counts R foot steps forward (slowly bow down with arms crossed in front of you while stepping forward), step back on L foot (raise arms in praise as you step backward.), step back on R foot (bend right knee slowly, keeping arms raised), step on L foot.

Right Yemenite 3 counts (Using imaginary circle) R foot steps to the right into circle, L foot steps next to circle, R foot steps outside of circle.

Songs this works well with:

Holy Unto You, Dance With Me, No Higher Calling, Sing Hallelujah, One Thing I Have Asked, Baruch Haba, Hashiveinu, Even So, As the Mountains, Yom Kippur Holy One

