

## Or HaOlam Messianic Congregation Dance Class

# YESHUA WALTZ

Interchangeable for many slow to medium  
3/4 time melodies

### Part A: (for verses)

1. 6 counts: (holding hands in a circle, going to the right.) **Chasse step starting with R foot, then chasse step starting with L foot.**
2. 6 counts: **Pivoting chasse turning to the right, then backwards chasse step starting with L foot.**
3. 6 counts: (drop hands) **three point turn and right harmonika.**
4. 6 counts: **Left harmonika, and right harmonika.**  
**Repeat patterns 1 through 4 until chorus.**

### Part B: **Note: If song has no chorus, just repeat patterns 1 through 4.**

1. 12 counts: **Two 6-step cherkessia's.**
2. 6 counts: **Three point turn and right harmonika.**
3. 6 counts: **Left harmonika, and right harmonika.**

### Dance Terms

<b>Chasse</b>	3 counts	<b>R foot steps forward, L foot steps next to R foot, R foot steps in place.</b> (Bend knees slightly as you step to add gracefulness.)
<b>Pivoting Chasse</b>	3 counts	<b>R foot steps forward, pivot, step L foot, and step R foot in place.</b> (Bend knees slightly as you step to add gracefulness.)
<b>6-step Cherkessia</b>	6 counts	<b>R foot steps forward, L foot steps next to R foot, R foot steps in place. L foot steps backwards, R foot steps back next to L foot, R foot steps in place.</b> (Arms go up in praise mode on forward steps; arms go down in bowing motion on backward steps.)
<b>3-Point Turn</b>	3 counts	<b>R foot steps to right, L foot crosses in front of R foot and pivot to face outside, R foot crosses behind L foot and pivot to face inside.</b>
<b>Harmonika</b>	3 counts	<b>R foot steps in front of L foot, lift L foot slightly and bend right knee gracefully, and bow while swinging right hand in front to left. Step back on L foot, then R foot steps back next to left.</b>

**Songs this works well with:** *Y'did Nefesh, There's a Wind That Blows, To Dwell in Unity, O Give Thanks, Come Dance With Me, How Delightful is Your Love, Barchi Nafshi, Be Unto Your Name, Ana Adonai, Sing O Barren One, Avinu Malkenu, Glory and Honor, Hineh Lo Yanum, Seh HaElohim, Whom Have I in Heaven but You, Arise O L-rd, Baruch et Adonai, As the Mountains are Around Jerusalem*

