

Beginner Dance Class is taught after Shabbat morning service for 15 minutes. Sessions run approximately 20 weeks in preparation for the intermediate class and is announced in the Shabbat morning service. All ages are welcome. This class is taught by our Rebbetzin, and you will learn one beginner level dance per week focusing on the **Davidic dance steps and terminology**. Participants are given dance notations to take home and practice. There is no charge for our classes.



Davidic Dance Terms taught in Beginner Class

Note: Dance steps are described as beginning with R foot. Most steps can also be done starting with L foot.
R=right, L=left, CW=clockwise, CCW=counterclockwise

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| Simple Hora | 6 cts: While holding hands in a circle, step on L foot and kick R, step on R foot and kick L, step L to the left, step R behind left. Repeat until end of song. |
| Clapping Hora | 6 cts: Hop on L foot and kick R, hop on R foot and kick L, step L to the left, step R behind left. Repeat until end of song. |
| Mayim | 4 cts R foot crosses in front of L foot, L foot steps to left, R foot crosses behind L foot, L foot steps to left. |
| Hopping Mayim | 8 cts R foot crosses in front of L foot, hop, L foot steps to left, hop, R foot crosses behind L foot, hop, L foot steps to left and hop. |
| Open Mayim | 4 cts With R foot step to the right, step L foot in front of R foot, then step R foot to the side, then step L foot behind R foot. |
| Open Hopping Mayim | 8 cts 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. |
| Right Yemenite | 3 cts (Using imaginary circle) R foot steps to the right into circle, L foot steps next to circle, R foot steps outside of circle. |
| Left Yemenite | 3 cts (Using imaginary circle) L foot steps to the left into circle, R foot steps next to circle, L foot steps outside of circle. |
| Yemenite Hop | 4 cts (Using imaginary circle and may be done with either L or R foot) R foot steps to the right into circle, L foot steps |

next to circle, R foot steps outside of circle, then hop on R foot.

Cherkessia 4 counts

R foot steps forward, L foot steps in place, R foot steps back, L foot steps in place. (Hands go up in praise mode on forward steps, hands go down bowing motion on backward steps.)

6-step

Cherkessia 6 counts

In waltzing style, 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. (Hands go up in praise on first count with R foot forward, hands go down on fourth count with L foot going backwards.)

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.

Hopping

Cherkessia 8 counts

R foot steps forward and hop, L foot steps forward and hop, R foot steps back and hop, L foot steps back and hop.

Balance 2 counts

Step to R with R foot, step to L with L foot. (*When holding hands, arms move to R on R foot step, and move to L on L foot step.*)

Lean 4 counts

Step R foot to right, pause, step L foot to L, pause.

Chasse 3 counts

R foot steps forward, L foot steps next to R foot, R foot steps in place. (Bend knees slightly as you step to add gracefulness. This step can start with R or L foot and done backwards.)

Pivoting Chasse	3 counts	R foot steps forward, pivot, step L foot, and step R foot in place. (Bend knees slightly as you step to add gracefulness.)
Polka	2 counts	With a skipping step, R foot steps to right[1 st count], L foot steps next to R foot, while R foot steps in place [2 nd count]. Skipping on the mountains
Seven-up	8 counts	Starting on the R foot crossing over the left, do 2 mayims, but on the 8 th count, the L foot is raised in the air (instead of stepping to the side) with a little hop on the R foot.
Kibbutz step	4 cts	R foot steps to right, L foot steps behind R, R foot steps to R and L foot touches heel in place, with a little hop.
Right Kibbutz Turn	4 cts	R foot steps forward, L foot steps next to R foot with a 1/4 turn, R foot steps behind L foot in another 1/4 turn then L heel touches in place.
Left Kibbutz Turn	4 cts	L foot steps forward, R foot steps next to L foot with a 1/4 turn, L foot steps behind R foot in another 1/4 turn then R heel touches in place.
2-Point Turn	2 cts	R foot steps to right and pivot to face outside, L foot steps to left and pivot to face inside.
3-Point Turn	3 cts	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.
Schlep Step	2 cts	R foot steps sideways, L foot steps slightly behind R foot, bending right knee on second count. Burden bearing
Harmonika	3 counts	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.
Leap	2 counts	R foot leaps to the side and L foot closes in beside R foot. Leaping for joy
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.

