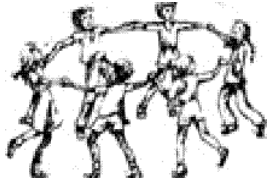


NewCAJE9
For music, contact Lorraine Arcus
For complete handout, go to
Lorrainearcus.com

Dance Your Way Through Special Days With Young Children



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Abbreviations:

R Right
L Left
Fwd Forward
Bkwd Backward
CW Clockwise
CCW Counter Clockwise
Ct. Count

12 YERACHIM

Twelve Months
(Rosh Hashanah or Any Holiday)

Dance: Irit Eskayo
Formation: Partners scattered, facing forward

Part One:

1-4 4 steps fwd
5-8 Face partner. Pat legs, clap hands, clap partner's hands, hold.
9-12 4 steps facing back of room
13-16 Repeat 5-8
17-32 Repeat 1-16

Part Two:

1-8 Partner on R stands in place and claps 8x while partner on L skips around partner, 8 skips, starting R and crossing in front of partner
9-16 Repeat 1-8, switching parts
17-32 Repeat 1-16

HASANDLAR

The Shoemaker's Dance

Formation: Circle. The dance depicts the shoemaking process of the old cobbler

Chorus:

1-4 Place hands in front of body: rotate hands around each other. "Wind it this a way".
5-8 Reverse hands. "Wind it that a way".
9-12 Pull first apart 2x. "Pull, pull."
13-16 Hammer fists 3x. "Hammer, hammer, hammer."
17-32 Repeat 1-16.

Interlude:
1-32

Take a "walk" around Israel in your new shoes. Walk around the circle or the room using hand or body movements to embellish steps. Examples: Fly to Tel Aviv, climb up to Jerusalem, swim the Kinneret, dig for archaeological treasures, clap hands, tap head, walk like an animal in the Biblical Zoo, ...have fun. Let the children generate ideas!

HAKOL PATUACH

Everything's Open
(Pesach, Rosh Hashanah)

Dance: Irit Sasson
Formation: Lines – face music

Part One:

1-4 4 steps fwd RLRL
5 R arm straight up
6 L arm straight up
7-8 Clap hands together overhead
9-16 Repeat 1-8 walking bkwd
17-20 R, L together, R (waving arms over head like windshield wipers)
21-24 Reverse 1-4
25-26 R, sway
27-28 L, sway
29-32 RLRL bkwd (or turn to R)
33-64 Repeat 1-32

Part Two:

1-2 Slap thighs 3x
3-4 Clap 3x
5-6 Roll arms
7-8 Arm straight up in air
9-16 Repeat 1-8
17-20 RLRL fwd
21-24 RLRL bkwd
25-32 Repeat 17-24

Transition:

1-2 Shake arms overhead 2x
3-4 Shake arms down, next to hips 2x
5-16 Repeat 1-4 (3x)

HAMISHPACHA SHELI

My Family
(Rosh Hashanah or Any Holiday)

Dance: Yoram Sasson
Formation: Facing the front of the room, scattered.

Part One:

1-2 R to R, step L next to R (arms bent at elbows, move like windshield wipers)
3-4 R to R, tap L next to L
5-8 Reverse 1-4
9-11 3 steps fwd, (RLR)
12 Kick R fwd while clapping
13-16 Repeat 9-12 moving bkwd
17-32 Repeat 1-16

Part Two:

1-2 With bent knees, pat hands 3x on thighs
3-4 Clap 3x
5-6 L hand touches R elbow, wave R hand (2x)
7-8 Repeat 7-8, opposite hands
9-12 Repeat 1-4
13-16 4 jumps bkwd
17-28 Repeat 1-12
29-32 4 jumps fwd

KEN LATZIPOR

Bird's Nest
(Tu B'Shevat or Shavuot)

Dance: Yaron Meishar
Formation: Circle

Description:

1-8 8 steps fwd CCW
9-12 Face center – 4 steps fwd
13-16 3 claps, hold
17-20 3 claps, hold
21-24 Bring index finger to mouth (gesture of "quiet")
25-28 With palms together, bring head to hands in resting gesture to rt.
29-32 Resting gesture to left
33-40 8 steps bkwd with hands joined

NOLADTI L'SHALOM

Born to Peace
(Rosh Hashanah or Any Holiday)

Formation: Scattered, facing forward
Dance: Raya Spivak

Part One:

1-8 Push hand and arm diagonally across body, opening fingers, alternating R,L,R,L (Alternative: "Reach" hand for peace)
9-16 4 kicks diagonally across body R,L,R,L
17-32 Repeat 1-16
33-42 10 Claps in circle ("around the world") from bottom over head and down (CCW)

Part Two:

1-6 6 steps fwd, begin R
7-8 2 claps
9-16 Repeat 1-8 bkwd
17-24 Hands on hips, sway hips from side to side(8X). Begin R
25-32 Each child makes a CW circle around himself in 8 steps
33-64 Repeat 1-32

Transition:

Wiggle hands lifting them above your head to make a circle, then bring them down the same way.

SIMI YADECH

Put Your Hand in Mine
(Yom Kippur or Any Holiday)

Dance: Folk
Formation: Couples in Circle or scattered

Part One:

1-4 Partners facing each other
Shake R hands – "Simi yadech – give me your hand"
5-8 Shake L hands – "B'yadi – your other hand"
9-12 Point to yourself, then your partner – "Ani shelach – I am yours"
13-16 Point to your partner, then yourself – "V'at sheli – and you are mine"
17-32 Repeat 1-16

Part Two:

Partners join R elbows
1-16 8 skips around CW with partner
17-32 Switch to L elbow. 8 skips CCW with partner

TEN LI ET HAYOM HAZEH

Give Me This Day
(Rosh Hashanah or Any Holiday)

Dance: Raya Spevak
Formation: Lines

Part One:

1-4 4 steps bkwd RLRL
5-8 4 steps fwd RLRL
9-10 Step R to R, close L to R and clap hands
11-12 Step L to left, close R to L and clap hands
13-16 Full turn R (RLRL)
17-32 Repeat 1-16

Part Two:

1-2 Touch R to R, tap R next to L
3-4 Repeat 1-2 (touch-close)
5-8 Repeat 1-4 w/opposite footwork
9-10 Bend knees and touch thighs
11-12 Straighten body and raise arms over head w/fingers spread
13-16 Repeat 9-12
17-30 Repeat 1-14
31-32 Turn to R jumping on both feet

Dance repeats in new direction.

TZADDIK KATAMAR (Simplified)

The Righteous Shall Flourish Like a Palm Tree
(Tu B'Shevat or Shabbat)

Dance: Yonatan Gabai
Formation: Circle, Face CCW, joins hands shoulder level

Part One:

1-4 4 steps fwd (RLRL)
5-8 Face center, raise arms straight.
4 sways side to side (RLRL)
9-16 Repeat 1-8

Part Two:

1-8 Release hands. Full turn R, waving arms high
9-12 R,L,R,L to center
13-16 R,L,R,L bkwd
17-32 Repeat 1-16

YESH LI CHAVER

I Have a Friend
(Rosh Hashanah, Yom Kippur, or Any Holiday)

Dance: Shulamit Kivel
Formation: Partners facing each other in a circle or scattered

Part One:

1-4 4 runs bkwd (RLRL), away from partner
5-8 Touch R heel fwd, 2x
9-12 4 runs fwd (RLRL), toward partner
13-16 R hands together, shake hands 2x
17-32 Repeat 1-16

Part Two:

1-16 Join R elbows with partner, 16 runs CW
17-32 Repeat 1-16, using L elbow