

BEAHAVA UVMILA TOVA

With Love and a Good Word

Israeli circle dance by Shlomo Maman
Facing Center with hands joined in V position

Meter: 4/4

<u>COUNTS</u>	<u>STEPS</u>
Part I	
1-4	Open mayim: Step R to right, Step L behind, Step R to right, Step L in front
5-8	Step R diagonally right, Touch L next to R while slapping thighs, Step fwd L, Brush R fwd while raising both hands upward
9-12	Turn left with both arms lifted; Step R, L, R, pivot to complete turn and face center
13-16	with arms down Step L Behind Step R to right, Step L in front, Hold
17-20	With arms up to the right; Step R to right, Touch L next to R, Move arms up to the left; Step L to left, Touch R next to L
21-24	With arms down open mayim; Step R to right, Step L in front, Step R To right, Step L behind
25-28	With R arm extending to right; Sway R to right, Step L to left, Arms down; Moving CW Step R behind, Step L to left
29-32	Cross R in front as R arm crosses in front, Arms down; Step back on L, Full turn right; R, L
33-64	Repeat Part I Counts 1-32
Part II	
1—8	6 count double Yemenite step as R arm makes upward semicircle to the right; Step R to right, Step Step L to left, Step R in front, As L arm makes upward semicircle to the left; Step L to left, Step R to right, Step L in front, Step Fwd to Center in slight bend with R, Hold as arms reach forward
9-12	Step out diagonally with L with arms down, Hold, Repeat Part II Counts 7-8
13-16	With arms down turn back out to the line of the circle; Step L, R, L, End facing CCW; Hold
17-20	Raising both arms; Touch R toe fwd, Hold, Step back R, Step L to L while facing Center
21-24	While turning to face CW; Cross R in front while arms make a gathering gesture in front, Step backwards on L, Step backwards on R while lifting both arms up, Hold
25-28	Step backwards L, Hold, Step backwards R, Hold
29-32	While lowering arms turn left $\frac{3}{4}$ to face center; Step L, R, L Hold

Dance Repeats. At end of dance Part II repeats a 2nd time and we do ending

1-8 Facing Center Open mayim; Step R to right, Step L behind, Step R to right, Step L in front, Then Step R fwd to Center while lifting both arms, Hold...

Notated by Joan Hantman for Statewide 2023

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LYRICS

Words and music by Uzi Chitman

Me'eifo nikach et hako'ach Lalechet neged haru'ach, Lis'chot neged hazerem, She'lo yihyeh lanu sof.	From where will we take the power to go against the wind to swim against the current So we don't have an end	מאיפה ניקח את הכוח ללכת נגד הרוח, לשחות נגד הזרם, שלא יהיה לנו סוף.
Me'eifo nikach et haru'ach, Lalechet neged hako'ach, She'lo nit'va beterem, Nagi'a el hachof.	From where will we have the power to go against the might So we don't drown before We make it to the coast	מאיפה ניקח את הרוח, ללכת נגד הכח, שלא נטבע בטרם, נגיע אל החוף.
Be'ahavah - uvemilah tovah. (x2)	With love and a good word (x2)	באהבה - ובמילה טובה.
Me'eifo nikach et ha'ometz, Lakum, lalechet hal'ah, Letaken et kol mah sheta'inu Lifnei sheyihyeh me'uchar.	From where will we take the courage To get up and go forth To fix what we erred Before it is too late	באהבה - ובמילה טובה.
Me'eifo nikach et hasechel, Letapes la'alot lemalah, Lihyot et kol mah shehayinu, Kedei sheyihyeh gam machar.	From were will we take the intelligence To climb up high To be all that we were So we can have tomorrow	מאיפה ניקח את האומץ, לקום, ללכת הלאה, לתקן את כל מה שטעינו לפני שיהיה מאוחר.
Be'ahavah - uvemilah tovah. (x2)	With love and a good word (x2)	מאיפה ניקח את השכל, לטפס לעלות למעלה, להיות את כל מה שהיינו, כדי שיהיה גם מחר.
Me'eifo nikach et ha"yachad", Kedei lichyot b'li pachad, Ba'aretz hazot hamuvtachat,, Venishkot arba'im shanah.	From where shall we take the togetherness So we can live without fear In this promised land With 40 years of peace	באהבה - ובמילה טובה...
Be'ahavah - uvemilah tovah. (x2)	With love and a good word (x2)	מאיפה ניקח את היחד, כדי לחיות בלי פחד, בארץ הזאת, המובטחת ונשקוט ארבעים שנה.
		באהבה - ובמילה טובה, באהבה - ובמילה טובה.