

Dror Yikra - Monday

This song celebrates the Sabbath by calling for freedom and peace.

DROR YIKRA

(Freedom Song)

Music: Traditional Yemenite

Dance: Eliyahu Gamliel

Formation Circle, face center, all hold shoulders

Part One

- 1-2 Step R to R, cross with L on ball of foot behind R
- 3-4 *leap* Step R to R side, cross with L in front of R.
- 5-6 Step R to R side, cross with L behind R.
- 7-8 Yem R
- 9-16 Reverse 1-8, starting with L to L side
- 17 Close with R next to L while going up on toes
- 18 Bring heels down
- 19 Go up on toes
- 20 Bring heels down

Part Two

- 1-2 Step-hop on R fwd
- 3 Step on L in front of R, and cross arms in front of body
- 4 Hold + *snap*
- 5-8 Repeat 1-4
- 9-11 Yem R
- 12 Hold
- 13-15 Yem L
- 16 Hold
- 17-18 Close with R next to L + *snap*
- 19-20 Step back on R then on L next to R foot
- 21-22 Step-hop on R fwd
- 23 Put L in front of R while bending both knees as far as you can, while extending the arms up to L side, (*squat*) snapping fingers
- 24 Hold
- 25 Sway arms to R (up) and snap
- 26 Hold
- 27-28 Repeat 25-26, reversing to L side
- 29-30 Repeat 25-26 + *up*
- 31-33 Yem R
- 34 Hold
- 35-37 Yem L
- 38 Hold
- 39-42 Complete turn CW in place; start on R foot, snap fingers, step on L, snap fingers
- 43-46 Repeat 17-20 of Part One

Bat Triman

(Daughter of Yemen)

Music: Traditional Yemenite

Dance: Yacov Levy

Formation Lines, close to each other. Join hands and bend fwd. Face center.

Part One

- 1 R to R side
- 2 L touches next to R
- 3 Full foot touches fwd L
- 4 Close L to R
- 5-36 Repeat 1-4, eight more times

Part Two

- 1 L fwd
- 2 Leap on R fwd
- 3-4 Squat with L in front
- 5-8 Yem R, moving bwd
- 9-12 Yem L, moving fwd
- 13-16 Release hands. 2 steps RL turning to R side. Arms up, snapping on each step
- 17 R to R side
- 18 L to L side
- 19-20 Lift R, bend fwd, flex foot
- 21-23 Face CCW. 3 steps fwd, RLR
- 24 Hold
- 25-32 Reverse 17-24
- 33-34 R bwd
- 35-36 L fwd
- 37 R bwd
- 38 L fwd
- 39 Close R to L
- 40 Hold

SEI YONA

(Fly Dove)

Music: Traditional Yemenite

Dance: Yacov Levy

Formation Couples, men with back facing center of circle. M's step described; W's opposite foot

Part One

- 1 Step on L
- 2 Back to R
- 3 Stamp on L
- 4 Cross with R
- 5-16 Repeat 1-4 three more times

Part Two (Face CCW. Join hands)

- 1-4 Walk LRLR
- 5-6 Step on L fwd and pivot on R, making half turn CW
- 7-8 Repeat 5-6

Part Three

- 1-2 Step fwd LR
 - 3-4 Sit back on L and fwd on R
 - 5-16 Repeat 1-4 three more times
- #### Part Three
- 1-4 Step together step LRL, hold
 - 5-8 Reverse 1-2, RLR, hold
 - 9-10 LR fwd