

LIKRAH SHABAT (Welcoming the Sabbath)

DANCE: Yoav Ashriel
MUSIC: M. Zahira
RECORD: Tikva 69

FORMATION: Circle

PART A

Figure I

- Face centre of circle. Hands joined and held down.
- 1 R ft. to R side with bent knee
 - 2 Step on ball of L ft. to L side
 - 3 Cross R ft. in front of L ft. with bent knee
 - 4 Step on ball of L ft. to L side
 - 5 - 8 Repeat counts 3 - 4 twice
 - 9 - 11 Yemenite step beginning with R ft.
 - 12 Lift up on R ft. Raise arms above head. Look up
 - 13 Step bkwd. on L ft. with bent knee. Lower arms. Bend body slightly fwd.
 - 14 Step bkwd. on R ft. Straighten body
 - 15 Step fwd. with L ft.
 - 16 Hold
 - 17 - 32 Repeat Figure I

Figure II

- 1 Cross R ft. in front of L ft. with bent knee turning slightly to L.
- 2 Step on L ft. in place.
- 3 Close R ft. to L ft. Face centre of circle.
- 4 - 6 Same as counts 1 - 3 beginning with L ft. and turning slightly to R.
- 7 Step bkwd. on R ft. with bent knee.
- 8 Close L ft. to R ft.
- 9 Leap onto bent knee with R ft. to R side.
- 10 Cross L ft. behind R ft. Look to R.
- 11 R ft. to R side.
- 12 Hold
- 13 - 16 Same as counts 9 - 12 beginning with L ft. to L side.
- 17 - 32 Repeat counts 1 - 16

PART B (Optional)

Figure I

- 1 - 2 Repeat counts 1 - 2 of Figure I, Part A
- 3 - 8 Repeat counts 3 - 8 of Figure I, Part A, but make solo turn in place to the L. Raise R arm overhead.
- 9 - 16 Same as count 9 - 16 of Figure I, Part A.
- 17 - 32 Repeat counts 1 - 16

(Continued)

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LIK RAT SHABAT (cont'd)

Figure II

- 1 - 8 Same as counts 1 - 8 of Figure II, Part A.
9 Drop hands. Step on R ft. making 1/4 turn to R. Arms open straight out to side
10 Hold
11 Close L ft. to R ft. Bend both knees. Bend body fwd.
12 Cross hands, chest high; and snap fingers.
12 Hold
13 - 16 Repeat counts 9 - 12 but with L ft. and making 1/2 turn to L
17 - 32 Repeat Figure II

Presented by Teme Kernerman at Maine Folk Dance Camp 1985



OUVRE MOI
Lorraine, France

OUVRE MOI

Record: 4/4

Formation: Open circle, fingers joined low, facing center. The arms swing naturally and relaxed as compared to dances from Brittany such as An Dro where the arms move very deliberately and almost forcefully.

Source: Nicolas Graner, Paris, France.

- | | Count | |
|---------|-------|---|
| Meas. 1 | 1 | Step Left foot to Left, arms swing forward |
| | 2 | Close Right foot to Left foot, arms swing back |
| | 3 | Repeat count 1 |
| | 4 | Slide the Right toe in front of Left foot, with the heel turned out slightly, arms swing back |
| Meas. 2 | | Repeat Meas. 1 to the Right with opposite footwork. |
| Meas. 3 | 1,2,3 | Turn to the Left with 3 steps, L, R, L |
| | 4 | Hold, end facing diagonally to the Left |
| Meas. 4 | 1,2,3 | Continue moving to Left (RLOD) with three walking steps, R,L,R |
| | 4 | Pivot on Right foot to face center. |

Presented at Maine Folk Dance Camp 1985 by Jimmy Drury