

Ma Na-Avu

(Israel)

Ma-Na-avu (ma na-a-VU) means 'How Pleasant' (or sometimes 'How Beautiful'). The words are from the bible, Isaih 52:7. The dance was choreographed by Riya Spivak, to music composed by her husband, Josef (Yossie) Spivak.

MUSIC: Record: Tikva LP-100, Side A, Band 1, 2/4 meter
Notation: 'New Israel Folk Dances', notated by Fred Berk, The Youth Department of the American Zionist Council, New York, 1962.

FORMATION: Circle, facing ctr, hands joined, low.

STEPS: Yemenite*

*Described in Steps and Styling published by the Folk Dance Federation of California, Inc., 1275 "A" Street, Room 111, Hayward, California 94541.

MUSIC 2/4

PATTERN

Measures

1-2 INTRODUCTION

I. POINT

A 1 Point R fwd (ct 1); bend L knee (ct &); point R to R side (ct 2); bend L knee (ct &).

2 Step R bkwd (ct 1); step L beside R (ct &); step on R fwd (ct 2); hold (ct &).

3 Step on L bkwd (ct 1); step on R fwd (ct 2).

4 Step on L bkwd (ct 1); step on R beside L (ct &); step on L beside R (ct 2); hold (ct &).

5-8 Repeat meas 1-4, with opp ftwk.

II. YEMEMITE

B 1 Yemenite R (cts 1-2); on the last '&', turn 1/4 to R side (face CCW), brushing L ft as you bring it around.

2 3 steps fwd: Starting L (ct 1,&,2); turn to L side to face ctr (ct &).

3-8 Repeat meas 1-2 3 more times.

Note on variations: In the U.S.A., it is more common to change the dance as follows:

Fig I, meas 4: ct 1 as before; Step R beside L, raising on both toes (ct &); bring heels down (ct 2).

Fig II, meas 1; cts 1,&,2 as before; leave out the brush on next ct &.

Ma Na-Avu

(Israel)

WORDS:

MA NA-AVU AL HE-HAR-IM

TWICE

How pleasant are the footsteps
over the hills

RAG-LEI HA-ME-VA-SER (HO)!

MA-SHE-MI-A YE-SHU-A

TWICE

Of he who heralds peace and
salvation.

MASH-MI-A SHA-LOM