

MALU ASAMENU BAR

Song of Plenty

73 11'00R 1K7D

Band 5

Music by David Zahavi Couple Mixer
Dance by Zev Havazeleth

Malu Asamenu Bar (Song of Plenty) as its name implies is the Israeli equivalent of our own American harvest dances. This is a joyous, spirited dance, which expresses the feeling of thankfulness that prevails at harvest time.

CHOREOGRAPHY

FORMATION:

Couples form 2 circles, with the man on the inside of the circle facing out and the lady on the outside facing in. Partners join both hands.

PART 1.

Take 2 steps towards partner (right foot, left foot),

Then take 1 step backwards (right foot)

Then stamp with the left foot close to the right foot;

Then clap own hands in cymbol fashion, and hold one count;

Then take one debka jump with both feet turning a quarter turn to the right.

PART 2.

Cross left foot in front of right foot with hips following the foot on the first count;

Then step in place with right foot;

Step with left foot close to right foot;

Then with a half turn to the left, hop on left foot.

Repeat same pattern with right foot crossing over left, etc.

PART 3.

Take 8 running steps to the right (ladies moving counter-clockwise, and men moving clockwise) leaving own partner, passing the next person, and meeting the second person who is now the new partner.

PART 4.

Both hands joined with new partner, left elbows bent and right arms straight out, take 8 running steps around clockwise.

Then separate from partner and walk 8 steps around to the left describing a small circle leading with left shoulder, and with left hand raised.

The above combination (Part 4) is repeated to the right.

Begin dance again with present partner.

TRANSLATION

Song of Plenty

Our barns are filled with grain
Our vats with wine
Our homes with the clatter
Of happy children
Our cattle are prolific.
What else could we provide, O homeland
That is still lacking
What else could we provide, O homeland
That is still lacking.

TRANSLITERATION

Malu Asamenu Bar

*Malu Asamenu Bar
Yekavenu Yayin
Batenu Homin
Homim Mitinokot
U-vhementenu pora
Ha od t'vakshi
Me-itanu, r'chora,
Ve-ain, ve-ain adayin?
Ha od t'vakshi
Me-itanu, M'chora,
Ve-ain, ve-ain adayin?*