

SIDE 1

MAYIM, MAYIM

Band 1

A sprightly folk tune for the dance of the same name, "MAYIM, MAYIM" (Water, Water) symbolic of the joy of the early settlers in bringing water out of the depths of the desert. The dance was born in a "Kibbutz" on the shores of the sea of Gallilee and has since spread to all parts of the young nation.

CHOREOGRAPHY

FORMATION

A circle with hands joined. The number of participants need not be limited. When the number exceeds 20, it is possible to form two circles, an outer and an inner one.

DANCE STEPS

PART I - Circle moves in clock-wise direction with light, springy steps.

1. Cross right foot in front of left.
2. Take a step to the left with the left foot.
3. Cross right foot behind left.
4. Take a light, springy step to the left with left foot.
- 5-8. Repeat 1-4.
- 9-16. Repeat 1-8.

The execution of the steps should be done in a smooth swaying tempo in order to create a wave-like movement. The crossing steps should be accompanied with light twists from the hips.

PART II - Movement towards the center of the circle and back.

1. Take a light, springy step forward with the right foot, with body bent and hands joined below.
- 2-4. Take 3 springy running steps (left, right, left) while straightening body and waving joined hands above.
5. Take a light, springy step backward with the right foot with body bent and hands waving downwards.
- 6-8. Take 3 springy running steps backward while straightening body and waving joined hands backwards and above.

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9-16. Repeat 1-8.

In 8 the circle again is wide. The movements should be performed swinging in order to create a wave-like movement of the body and hands.

PART III

- 1-3. Circle moves in clock-wise direction with each participant turning to the left and taking 3 running, springy steps or light, springy steps in the following order: right, left, right.
4. In place: Turn towards the center of the circle on the right foot while stamping with left foot next to the right.
5. Tap with tip of the left foot crossing it in front of the right while jumping lightly on the right foot.
6. Tap with tip of the left foot leaving an opening next to and slightly behind the right foot (on a line from the right heel to the left approximately at a distance of 12 inches) while jumping lightly on the right foot.
7. Repeat 5.
8. Repeat 6.
- 9-12. Repeat 5-8.
Release hands.
13. Tap with the tip of the right foot crossing it in front of the left, while jumping lightly on the left foot and clapping hands once.
14. Tap with tip of the right foot leaving an opening next to and slightly behind the left while jumping lightly on the left foot (without clapping hands).
15. Repeat 13.
16. Repeat 14.
- 17-20. Repeat 13-16.

TRANSLATION

Water, Water

*Therefore with joy shall ye draw water
Out of the wells of salvation.*

*Water, water, water, water
Water, water with joy.*

*Ha, Ha, Ha, Ha
Water, water, water, water
Water, water with joy.*

TRANSLITERATION

Mayim, Mayim

OO-SH-AV-TEK MA-YIM BE-SASSON
MI-NA-AYI-NAY HA-YE-SHOO-A.

MA-YIM MA-YIM MA-YIM MA-YIM
MA-YIM MA-YIM BE-SASSON

HA HA HA HA
MA-YIM MA-YIM MA-YIM MA-YIM
MA-YIM MA-YIM BE-SASSON.