

ZEMER ATIK

Nigun Atik*Israeli***History**

An Israeli dance, said to be a wedding dance with the guests dancing around the newlyweds. I learnt this dance at the Findhorn Foundation.

Rhythm

An even 4/4 rhythm throughout.

There is an introduction played on the clarinet with a drum lead-in at the end., The dance starts with the melody.

Steps

The dance is done in a circle.

First Part

Dancers face right with their left hand on their own left shoulder, palm upwards, and their right hand on top of the hand in front of them.

Take four small steps forward, starting with the right. Step to the side with the right, swaying out of the circle, then clap twice. Sway back onto the left, then clap once. Do this part four times.

To get the rhythm, count out 1-2-3-4-5-6&7-8-. The two claps come on the 6& , the single clap on the 8.

Second Part

Dancers turn to face centre with no hand hold.

Step forward with the right, then click the fingers while moving them forwards and upwards from face level. Step forward with the left, then click again. Take four steps backwards, starting with the right, while bowing and lowering the hands. Do this part four times.

Variation

The story I was told about this dance was that the newly married couple stand in the centre and all the guests dance around them. During the first part they clap to celebrate the wedding and the joyful day, during the second part they are showering the couple with blessings.

I encourage people from the circle to go into the centre for the second part, to celebrate themselves and to 'be blessed'. They can just stand there (although they should turn round to face everybody) or they can dance in their own way. If more than one person goes in they should acknowledge each other but still keep their main attention on the circle. When they return to the circle for the first part they do not need to return to their original place.

Music*cont. -*

Nigun Atik from Spirit of Dance by the Findhorn Sacred Dance Band.

Dance description by Andy Bettis 4/2003