

AL TIRA

Al Tira (ahl-tes-RAH), translated "Be Not Afraid", is a dance of strength. It was choreographed by Jonathan Karmon; music being written by Mordechai Zeira.

MUSIC: Record: Tikva T-69 LP: Dance Along with Sabras
Melodic line: Songs and Folk Dances # 1; Edition "Negen",
Joel Schreiber; Tel Aviv, Israel, 1956. The melodic line
given here is in 3/4 meter.

FORMATION: Single circle of dancers. Face ctr. Hand joined and down,
Body bent fwd from waist; arms hand down perpendicularly
to floor. Feet in wide-stride pos (about 2' apart).

NOTE: Originally the hands were joined. Today Al Tira
is often danced as an individual dance. Arms swing freely
with the body.

STEPS AND Leap, run, step-hop, walk.

STYLING: Dance the steps with a light, free, and upward feeling.
There is no heaviness to the dance.

MUSIC 4/4

PATTERN

Measures

4 meas INTRODUCTION: no action

A I. SWAY AND LEAP

1 Wt on L. Transfer wt and swing arms and upper body to
R (ct 1-2). Transfer wt and swing arms and upper body
to L (ct 3-4). Arms hang freely and relaxed.

2 Straighten body. Hands joined. Leap swwd R (ct 1).
Leap is low and stretched. Small leap L across R (ct 2).
Tap R heel in place (ct 3 &). Hold (ct 4).

3 Face LOD (CCW). Move fwd with 6 light running steps:
Run R, L (cts 1, 2), R, L (cts 2 & 3), R, L (cts 3 & 4).
NOTE: The steps taken on the 2 cts are on the ball of
the ft.

4 Repeat action of meas 3, Fig I. Finish facing ctr.

5-8 Release hands. Repeat action of meas 1-4, Fig I.

B II. STEP-HOP-SWING AND WALK

1 Face ctr. Step-hop R in place, swing L fwd (cts 1, 2).
Arms swing fwd to over head pos (ct 1).
Run 2 steps in place L R, lifting R then L leg in back

Continued...

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- (cts 3, 4). Hands lower to sides (ct 3).
- 2 Move twd ctr with 3 steps LRL turning 1/4 L (CCW) to face RLDD (cts 1, 2, 3). Stamp R in place, no wt, looking over R shoulder (ct 4).
- 3 Stamp sdwd R (ct 1). Hop R or stamp L in place (no wt) (ct 2). Move out of ctr. Step sdwd L (ct 3). Close R to L (ct 4).
- 4 Continue to move out of ctr. Step sdwd L (ct 1). Leap onto R turning L (CCW) one full turn to face ctr (ct 2) (a tour jete). Step on L in place (ct 3). Hold (ct 4). Extend arms sdwd and/or place hands on shoulder of next person in line.
- 5 Step and sway sdwd R (ct 1). Hold (ct 2). Step and sway sdwd L (ct 3). Hold (ct 4).
- 6 Face LDD. Move fwd. Leap R, run L, leap R, run L (cts 1-4).
- 7-8 Repeat action of me-s 5-6. Finish in orig starting pos.

Repeat dance from beginning.

Al tira avdi Yaakov
 Ho Chalamit chalom
 Al tira avdi Yaakov
 Ma nora hamakom
 Nitsav lo nasulam
 Im malechai shamayim
 Yordim v'olim kulam
 Im ts'chorei knafayim
 Yishar kochacha Yaakov acha
 Kum ledarkecha kedma, mizracha!
 Lech kadima, al techata,
 Lech lecha!
 Ki takum ha'orets ata
 L'cha ulzeracha.

Don't be afraid my servant Jacob.
 Oh, I have dreamed a dream
 Don't be afraid my servant Jacob.
 How full of awe is this place
 The ladder is set up
 With angels of heaven
 All of them ascending and descending.
 With white wings
 Be strong brother Jacob
 Arise and go eastward
 Go forth, don't be afraid go your way
 Because this land will become
 Yours and your seeds.