

ESA EINAI
(I Will Raise My Eyes)

Dance: Ira Weisburd
Music: 121st Psalm **Meter:** 4/4
Formation: Circle facing center with hands joined.

PART I – Face center with hands joined and elbows bent.

1-2 Step R to R with bent knee, step L behind R.
3-8 Rpt. 1-2 three more times.
9-12 Step R to R, turn ½ turn to L with L,R,L and face out of circle.
13-16 Tcherkessiya R
17-20 R to R, L to L and pivot to L to face center (17-18), R to R, L behind (19-20)
21-24 step R to R and pivot to R to face out, step L to L, step R behind L, L to L and
 pivot
 to L to face center
25-26 Sway R,L.
27-28 R across L, back on L in place.
29-32 Full turn to Rt. on line of circle with 4 steps beg. with R.
 REPEAT PART I

PART II – Face CCW

1-2 Step R fwd and hold rising slightly on ball of Rt. foot.
3-6 Mayim step to Rt. beg. with L across R.
7-8 Step L across Rt. and hold.
9-12 Sway R,L, step R across L and face CW, hold.
13-16 Step back on L and face center, R to R, L across R, hold.
17-20 R to R and face out, L to L, R behind L, L to L and face center.
21-22 R to R, L behind
23-24 Sway R,L and face CW
25-28 Fwd R,L,R and hold rising slightly on Rt. and raising arms.
29-32 Step L bwd lowering arms and face center, R to R, L across.
33-34 Sway R,L.
35-42 Rpt. 1-8
43-48 Rpt. 17-22

REPEAT DANCE

REPEAT PART I, PART II – counts 1-32

REPEAT PART I, PART II – cts. 1-6

Move fwd to center with L,R,L raising arms high.

Instructions notated by Honey Goldfein

Presented by Beverly Barr
Camp Hess Kramer Institute
October 30 – November 1, 2009

Esa Enai (I Lift Up My Eyes)

Music: *Shlomo Carlebach*

Lyrics: *Liturgy*

::Esa eynai el heharim	I lift up my eyes to the hills
Meayin meayin yavo	Whence comes my help?
ezri::	My help is from the Lord, Creator of heaven and
Ezri meim Hashem	earth
ose shamayim va'arets	