

# Hineh ma tov

FORMATION: A circle dance, no partners, or short lines of 4 to 8 dancers in lines moving at will around the room.

PART 1: All join hands and hold them straight down. Face to Right and take 4 slow walking steps, flexing knee on each step, starting on Right foot. Now run lightly forward with 8 steps in a slight prancing style, start with Right foot. Repeat Part 1.

PART 2: Face center and raise JOINED hands to shoulder level.  
Step on Right foot and pause.

"Twinkle" { Do a "twinkle" step by stepping back on Left foot.  
Then step back on Right foot, placing it down beside Left foot.  
Then step forward on Left foot and pause.  
Finish with a step and pause on the Right foot placed beside Lft.

Now do a "Yemenite" step to Right and Left like this:

Step to Right side on Right foot, count 1.

Step to Left side on Left foot, count 2.

Cross and step on Right foot over Left, count 3, and slight pause.

You have just done a "Yemenite" step to Right.

Now step to Left on Left foot, count 1.

Step to Right on Right foot, count 2.

Cross and step on Left foot over Right count 3 and pause.

You have just done a "Yemenite" step to Left.

Slight stamp on Right foot now.

Repeat dance from beginning.



NOTE: There is a spot in Part 2 where dancers need additional guidance at times. That is, after you step in place on the Right foot, after the "twinkle" step, one must start on the RIGHT foot again to get into the "Yemenite" step.

STYLE NOTE: In part 2, which begins with hands at shoulder height, the joined hands are brought down during the "twinkle" step, then back up again as Right foot is placed down.

It is fun to sing words to a dance, and here is one verse:

Hiney ma tov, uma naim ( hee-nay-ma-tov, ooma nayim)  
She-vet a chim gam ya chad ( sheh-vet-akhim-gahm-ya-khad)

Translation: Words and dance are taken from the Bible, wherein it speaks of "how good it is to dwell together as brethen" and "How wonderful this world would be if we would live as brothers, be good friends and neighbors.



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