

LIK RAT SHABAT  
(Israel)

Source: Learned from Daniel Shefer, a Sabra. The dance was choreographed by Yoav Ashriel. The title means "Welcome of the Sabbath."

Record: Tikva T-69

Formation: Circle, joined hands held at shoulder height, or down.

Steps: Yemenite: Rise on L toe before stepping on R, bending knees (ct 1), step on L toe near R heel, straightening knees (ct 2), cross R in front of L, slight bend of knees (ct 3), hold (ct 4). Also done with opp footwork.  
Slow Pivot: Also called "Camel Walk." Rise on L toe before stepping fwd on R, knees bent (ct 1), step fwd on L toe straightening knees somewhat (ct 2). Body is relaxed and controlled.

Measures  
(4/4)

Pattern

- I.
- 1 Step to R (ct 1), cross L behind R (ct 2). Cross R in front of L, bend knee (ct 3). Step to L on L toe, moving CW (ct 4).
- 2 Cross R in front of L, bend knee (ct 1). Step to L on L toe (ct 2). Cross R in front of L, bend knee (ct 3). Step to L on L toe (ct 4).
- 3 Yemenite R (on ct 3 of Yemenite step accent up on R toe and hold for ct 4. Hands are raised a little higher than shoulders on these two cts, both knees straight).
- 4 Step back on L (ct 1). Step R beside L (ct 2). Step L in place (ct 3). Hold (ct 4).
- 5 - 8 Repeat the action of meas 1-4 (Fig I).
- II.
- 1 Cross R diag fwd over L, both knees bent, hips fwd a little, lift arms (ct 1). Step L bwd in place (ct 2). Step R to R beside L, lower arms (ct 3). Hold (ct 4).
- 2 Repeat the action of meas 1, beg L.
- 3 Sweep R in a low circle to R and take wt (ct 1). Cross L behind R, bend knees (ct 2). Bend both knees (ct 3). Hold (ct 4). Resume erect pos in preparation for repeat of step.
- 4 Repeat action of meas 3 (Fig II), beg with sweep of L ft to L. Hands are held at shoulder height during meas 3-4.
- 5 - 8 Repeat the action of meas 1-4 (Fig II).
- III.
- 1 Release hands, step R to R (ct 1). Cross L behind R (ct 2), ~~beginning to~~ turn L<sup>(ccw)</sup>. R arm over head, L arm at side palms twd body. Step R across in front of L bend knee (ct 3). Step to L on

## LIK RAT SHABAT (CONT.)

<u>Measures</u>	<u>Pattern</u>
	L toe, continuing the turn (ct 4).
2	Repeat the action of Fig I, meas 2, completing the turn to face ctr.
3 - 4	Repeat the action of Fig I, meas 3-4.
5 - 8	Repeat the action of Fig III, meas 1-4.
	IV.
1 - 2	Repeat the action of Fig II, meas 1-2.
3	Release hands, step R to R making 1/4 turn CW to face LOD (ct 1), close L to R, arms cross in front of body (ct 2), snap fingers and bend both knees (ct 3), hold (ct 4).
4	Reverse footwork of meas 3 (Fig IV), but make 1/2 turn L (CCW) on ct 1 to face CW.
5 - 8	Repeat the action of meas 1-4 (Fig IV).

Words for Likrat Shabat

L'cha dodi likrat kala

To you my lover welcoming  
the Sabbath queen

P'nei Shabat N'kab'la

We will welcome the face of  
Sabbath

Shabat Shalom u'mvorach

Peace to the Sabbath and  
blessed.

Presented by: Ruth Browns