

MAYIM
(Israel)

Mayim, a dance of Israel, was presented at the 1951 Folk Dance Camp at the University of the Pacific, by Dvora Lapson. Mayim is translated as "water" and conveys in design and form the movement of water, of waves, the feeling of going toward the well, and the unbounded joy of discovering water in an arid country.

MUSIC: Record: "Mayim," Folkraft 1108-A, Israel 114
Others available.

FORMATION: A closed circle dance for any number of people. Stand facing into the center of the circle, hands joined and down at the sides. Note: This dance may be done in a double circle with both circles facing in and the inside circle facing outward.

STEPS: Run, Circassia.

Circassia Step: Beginning with the R ft., step R ft. across in front of L, accenting step (ct 1); step directly to the L on L (ct 2); step to the L with the R ft. crossing R ft. behind L (ct 3); leap to the L onto the L foot (ct 4). On the leap and in preparation for the repeat of the Circassia Step, the R ft. swings across in front of the L in a small arc, but the weight remains on L ft. This step can be adapted for children by leaving out the leap.

MUSIC 4/4

PATTERN

Measures

I. CIRCASSIA TO L, TO CENTER AND OUT

- 1-4 Moving in a CW circle and beginning with R ft. do 4 circassia steps.
- 5 Beginning on the R ft. move toward the center of the circle with 4 light running steps. Accent the first step with a deep knee bend and very small leap. Lift the hands gradually toward the center of the circle and to an extended-above-the-head position on the 4 runs.
- 6 Beginning on the R ft. move directly out of the circle with 4 steps, lowering the hands to a down-to-the-side position and accentuating the first step by a deep knee bend and a small leap. Note: The leap on (ct 1) is optional.
- 7-8 Beginning with the R ft., repeat measures 5 and 6.

II. RUN, TAP AND CLAP

- 1 Beginning with the R ft., all face L and move CW with 4 running steps, keeping joined hands extended down.
- 2 Turning to face center and keeping hands joined, shift weight quickly to R ft. and hop on R and tap L across in front of R ft. (ct 1); hop again on R ft. and tap L ft. directly to the L (ct 2). Repeat cts 1-2 (cts. 3-4).
- 3 Repeat measure 2

Continued...

MAYIM (continued)

4 Leap onto L ft. and tap R ft. across in front of L ft. (ct 1); hop on L ft. and tap ft. directly to the R (ct 2). Clap hands directly in front (ct 1); open arms to side (ct 2). Keep elbows straight on clap and side movement. The tap and clap step are done simultaneously.

Repeat cts 1-2 (cts 3-4)

5 Repeat measure 4

Repeat the entire dance from the beginning.

Presented by Bruce Mitchell