

ASHIRA LE'ADONAI

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(Let Us Praise The Lord)

Israel

SOURCE: Pronunciation: Ah-sheer'-ah leh-Ah-don-oy'. Ashira Le'-Adonai is the Song of Miriam, the sister of Moses, praising God who brought the Jewish people to freedom from slavery in Egypt. It was performed at the Dalia Festival in 1954 & modified for the Passover ceremony in Kibbutz Ein Harod as a traditional dance for Pesach.

MUSIC: Record: Israeli Folk Dances, AN 18-28.

FORMATION: Line of dancers facing CCW, hands joined sho height & held stiffly, elbows bent.

MUSIC: 4/4 meter

PATTERN

Meas Cts

PART I: Music A.

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| 1 | 1-4 | Starting with R ft, take 4 walking steps in LOD. |
| 2 | 5 | Rock fwd on R ft, bending fwd from waist, & leaving L ft in place. |
| | 6 | Rock bkwd on L ft, straightening body. |
| | 7 | Rock bkwd on R ft, leaning bkwd, leaving L ft in place. |
| | 8 | Rock fwd on L ft, straightening body. |
| 3 | 9-12 | Repeat Meas 1. |
| 4 | 13 | Step fwd on R ft, turning body 1/2 turn L to face CW; release arms but maintain arm position. |
| | 14 | Step fwd on L ft, in new LOD, gradually bending from waist. |
| | 15 | Step fwd on R ft, still bending, & clapping own hands waist high. |
| | 16 | Step fwd on L ft, turning 1/2 turn to R to face orig LOD, straightening body; join hands. |
| 5-8 | 17-32 | Repeat Meas 1 thru 4 but on ct 16 refacing L & do not join hands. |

PART II: Music B.

Dancers facing CW, hands held up to L of body, sho high, elbows bent, & heads facing L.

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| 1 | 1 | Step fwd rising on R ft, raising hands. |
| | 2 | Step fwd on L ft, slightly bending knees. |
| | 3-4 | Repeat cts 1-2, raising hands slightly higher. |

Continued...

- | Meas | Cts | |
|------|------|--|
| 2 | 5 | Step fwd on R ft, slowly swinging R arm down & in front of body. |
| | 6 | Step fwd on L ft, turning 1/2 turn R to face CCW, R arm swinging upwd from behind as in a breast stroke. |
| | 7 | Step bkwd on R ft, bending from the waist & clapping hands low in front. |
| | 8 | Slight leap to the L on L ft, turning to face CW. |
| 3-4 | 9-16 | Repeat PART II, but on ct 8 remain facing R (CCW) so as to begin the dance again in original position. |

Presented by Rivka Sturman
Idyllwild Workshop - 1968