

# Baraka (“Blessing”)

Dance: Shmulik Gov-Ari

Music: group Sfatayim

Formation: line or circle

Notes: ‘baraka’ is the Arabic form of bracha – blessing – and is often used as a greeting or wish by Israelis whose families emigrated from Arabic countries.

Abbreviations: S = one beat; Q = ½ beat; LOD = line of direction of dance; RLOD = reverse LOD; CW = clockwise; CCW = counterCW; twd = toward; fwd = forward; ftwk = footwork; opp = opposite; dir = direction; L = step left, or just “left”, depending on context; R = step right, right foot, or just “right”; frnt = crosses in front of

Intro: 16 measures (2/4 meter)

Meas	Part A, start by facing LOD, low hand hold where possible
1	R, L, moving LOD
2	Facing center, leap sideways R (S); Moving RLOD: side L; R frnt L (QQ)
3	still facing center, side L, close R with wt. (SS)
4	side L; close R with wt; side L; stamp R, no wt, next to L; (QQQQ)
5	fall sideways onto R; rock back sideways onto L (in place); close R to L with wt; (SQQ)
6	still facing center step L across R; stamp R next L, no wt; fall sideways R; (QQS); (Note: the last beat of meas 5 and and first half beat of meas 6 is a left Yemenite)
7	a left Yemenite followed by a stamp of R, no wt, next to L; (QQQQ)
8	twisting towards RLOD but still moving LOD, step R with a bent knee while dragging L with a straight leg; straightening close L, with wt, next to R; (SS)
9	facing LOD, step fwd R; standing very erect, touch L fwd; (SS)
10	step back onto L; bending forward at the waist with straight back, touch R back; (SS)
11	two walking steps in LOD, R, L; (SS) Note: the torso on each beat of meas 9 thru 11 twists slightly (CW, CCW, etc) in opposition (contra-lateral motion) to direction of foot movement, especially on 2 <sup>nd</sup> beat of meas 10 where right shoulder drops down
12	moving LOD, hop L; step fwd R; step fwd L; (QQS) Note: on hop, free R leg is straight and fwd, toe extending downward
13 – 16	repeat meas 9 – 12
17 – 32	repeat meas 1 – 16
	<b>Part B</b>
1	facing LOD, step fwd R; lift L in front of R, slight hop, bent knee, toe down; (SS)
2	back Yemenite, L,R,L; (QQS)
3 – 4	facing center, move LOD, grapevine: side R; L behind R; side R; L frnt R; (SSSS)

## Baraka -- Continued

- 5 still facing center, moving RLOD: R frnt L; side L; R frnt L; (QQS)  
6 back yemenite, L,R,L; (QQS)  
7 – 8 basketball turn: step R twd center, pivoting CCW to face out; L in place; step R going out pivoting back CCW twd center; L in place; (SSSS)  
9 starting with R, two debka steps twds center (QQQQ)  
10 continue with one R debka step twd center; leap fwd L; stamp R next to L (QQQQ)  
note: R debka step: bounce on L while touching R heel in front of L toe with R toe extending up; point R toe down as you make small leap onto R in front of L; (QQ)  
11 facing center, moving right: side R; L behind: R; side R; stamp L next to R: QQQQ  
12 repeat meas 11, opp ftwk and dir  
13 – 14 three steps away from center: R, L, R; (SSS); leap in place onto L; stamp R next to L; (QQ). Shoulders roll backwards as if doing the back stroke (sans arms) on each step going back, starting with the right shoulder; (SSSS)  
15 – 16 repeat meas 11 – 12

### Part C

- 1 – 2 facing center, side R; L behind R; side R; rock back onto L; (SSSS)  
3 – 4 still facing center, moving L: step on ball of R across L; side L; repeat previous two steps two more times; end R frnt L; (QQQQQS); during this meas elbows are held at sides with forearms extended fwd and level, palms up; then palms down; palms up; palms down; (SSSS)  
5 – 8 repeat meas 1 – 4, except with opp ftwk and dir, but same hand movements  
9 – 10 R to right; rock back onto L in place; step R in front of L; step L in place; (SSSS); at the same time the right arm extends to the side, palm fwd; swing right arm in an arc in front of chest; bring and place right hand on chest over heart; place left hand on top of right hand; (SSSS)  
11 – 12 making a full CW turn in place, pivoting on R and on ball of L next to and slightly behind R: step R,L,R,L,R,L,R; (QQQQQS); arms and hands are as in meas 3 – 4  
13 – 16 repeat meas 9 – 12, except with opp ftwk and dir, but same hand movements

Notes: Gary Diggs, October 2009

Presented by Gary Diggs  
Camp Hess Kramer Institute  
October 30 – November 1, 2009