

HENEY LO YANUM

(Horra Variation)

Record: Folkraft #1122A

FORMATION: Single circle facing center.

Starting Position: Arms extended sideways, hands on neighbor's shoulders; left foot free.

FIGURE 1

Measures:

- 1-2 Step sideways left on left foot (count 1),
Step on right foot across in back of left (2),
Step sideways left on left foot (1),
Hop on left foot and swing right across in front (Or back)
of left (2).
- 3-4 Repeat pattern of measures 1-2 to right starting with right foot.
- 5-8 Repeat measures 1-4.

FIGURE 2

- 9-10 Same as measures 1-2, FIGURE 1.
- 11 Step sideways right on right foot (1). Hop on right foot
and swing left across in front of right (2).
- 12-18 Entire pattern, measures 9-11, done three times, moving to
left only. On last measure pause (or step sideways left on
left foot - 1); step on right foot across in back of left (2).
Fold arms across in front of chest.

FIGURE 3

- 19 Hop on right foot and place left heel forward.
- 20 Jump on left foot and place right heel forward.
- 21-22 Repeat measures 19-20 in double time making four quick changes
alternating Heel Left, Right, Left, Right.
- 23-26 Repeat pattern of measures 19-22, beginning with left heel
forward and alternating. On last count, jump in place on
both feet and assume starting position with arms extended
sideways, hands on neighbor's shoulders, ready to

Repeat entire dance.

Hebrew:

Heney lo yanum
Ve lo yeshan--shan.
Heney lo yanum,
Ve lo yeshan--shan.
Lo yanum ve lo yeshan,
Lo yanum ve lo yeshan,
Shomer, shomer Yisrael,
Shomer, Shomer, Yisrael.

Translation:

LO! He sleepeth not,
Nor doth He slumber.
Lo! He sleepeth not,
Nor doth He slumber.
He sleepeth not, He slumb'reth not,
He sleepeth not, He slumb'reth not,
He watcheth over Israel.
He watcheth over Israel.

Oy tumba, tu tumba.
Tumba, tumba, tumba.
Oy tumba, tu tumba.
Tumba, tumba, tumba.