

MALU ASAMENU BAR

Israel

Malu Asamenu Bar (Song of Plenty) is a joyous, gay couple mixer dance expressing the feeling of thankfulness of an abundant harvest. The music is by David Zahavi and the choreography is by Zev Havazeleth. The folk dance pattern as notated by Dvora Lapson is included in the second series of Israeli Folk Dances.

Music: Israel 117A

Formation: Couples form a double circle, M on the inside of the circle and W on the outside. Partners face each other and join both hands.

Steps: Walking, running, cross-step, debka.

- Meas. Introduction: 2 measures
- 1 I - Partners face each other in a large double circle (M's back to center), Both hands joined. Beginning with R ft move twd partner with 2 steps (R, L), move away from partner 1 step (R), stamp L ft beside R (cts 1,2,3,4)
 - 2 Clap own hands together (ct 1), hold (ct 2); do one debka jump to the R (jumping on both ft 1/4 turn to R) (ct 3), hold (ct 4).
 - 3 II - Beginning with L ft cross L ft over R (ct 1); step back and in place on R (ct 2); step L ft beside R (ct 3), and with a 1/4 turn to L hop on L ft (ct 4).
 - 4 Repeat action of meas. 3, Part II, beginning R ft over L.
 - 5-6 III- Beginning with L ft move with 8 running steps to the R (W moving CCW in the circle, M moving CW). Pass the next person and take the second person in the circle as a new partner.
 - 7-8 IV - Join both hands with new partner and keeping R hips adjacent, move in one CW circle with 8 running steps. The hands are held at shoulder height with L elbow bent and R arm straight. Finish circle with M on inside and W on outside of circle.
 - 9-10 Drop partners hands and both M and W make a large circle to their L with 8 walking steps (L shoulder is leading and L hand is held high over head).
 - 11-14 Repeat action of meas. 7-10, Part IV. Reverse the pattern so that the hands are joined with L hips adjacent and circling is done CCW. The individual circles are made to the R with the R shoulder leading and R arm held high.

NOTE: 7 walking steps on last circle and hold ct 8 so that dance can begin again on R ft.

Repeat dance 5 times with new partners.

Our barns are filled with grain
Our vats with wine
Our homes with the clatter
Of happy children
Our cattle are prolific
What else could we provide, O homeland
That is still lacking
What else could we provide, O homeland
That is still lacking.

-- presented by Miriam Lidster

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