

MIZMOR LAILA

(Israel)

Translation: Night Chant
Pronunciation: MEEZ-mohr LAI-lah
Choreographer: Meir Shem-Tov (1994)
Lyrics: Leah Goldberg
Music: Achinoam Nini (“Noa”) and Gil Dor
Singer: Achinoam Nini
Meter: 4/4
Formation: Circle of dancers, joined hands down.

Meas Music begins with slower, lightly accompanied singing with varied speed. Begin the dance with the firm accompaniment (drums) that has faster, even speed (this will be obvious).

Part 1 Facing center

- 1 Step R to R (ct 1); hold (ct 2); step L behind R (ct 3); step R to R (ct 4).
- 2 Step L in front of R (ct 1); hold (ct 2); touch R toe next to L (ct 3); hold (ct 4).
- 3 Slow turn R with two steps: step R to R (ct 1); pivot approximately half of the turn (ct 2); step L to L (ct 3); pivot approximately half to end facing center (ct 4).

- 4 Step R to R (ct 1); step L next to R (ct 2); step R to R (ct 3); hold (ct 4).
- 5 Step L in front of R (ct 1); hold (ct 2); step in place on R (ct 3); hold (ct 4).
- 6 Step L to L (ct 1); hold (ct 2); step R in front of L (ct 3); hold (ct 4).
- 7 Step back into place on L (ct 1); step on R near L, slightly to the R (ct 2); step L slightly in front of R (ct 3); hold (ct 4).
- 8 Step R to R (ct 1); step L in place (ct 2); touch R next to L while clapping hands in front (ct 3); hold (ct 4).

Part 2 Facing center

- 1 Step R to R (ct 1); hold (ct 2); touch L heel in front of R (ct 3); step L in front of R (ct 4).
- 2 Step back into place on R (ct 1); step L back and slightly to the L (ct 2); step R slightly in front of L (ct 3); hold (ct 4).
- 3 Big step (sway) L to L raising joined hands to the L (cts 1-2); big step (sway) R to R moving joined raised hands to the R (cts 3-4).
- 4 Step L in front of R (ct 1); step R to R (ct 2); step L in front of R (ct 3) – all while bringing joined hands down to sides; hold (ct 4).

Part 3 Moving to center and back

- 1 Step R to R (ct 1); hold (ct 2); touch L heel in front of R (ct 3); step L in front of R (ct 4).
- 2 Step back into place on R (ct 1); step L next to R (ct 2); brush R fwd (ct 3); drop handhold and adjust to face slightly CW, R shoulder pointing to center (ct 4).
- 3 Step R to R and slightly bkwd (twd center) and continuing to turn body to L (ct 1); hold (ct 2); step L twd center (ct 3); hold (ct 4).
- 4 Step R fwd twd center (ct 1); step L next to R (ct 2); step R fwd twd center (ct 3); hold (ct 4).
- 5 Touch L heel fwd (ct 1); step L fwd (ct 2); touch R heel fwd (ct 3); step R fwd (ct 4).
- 6 Step L behind R (ct 1); step R to R (ct 2); pivot ½ to R to face out (back to center (ct 3); hold (ct 4).
- 7 Step L to L (ct 1); hold (ct 2) Note: only two beats before repeating pattern.
- 25-47 Repeat meas 1-7 beginning facing out and ending facing center
- 48 Touch R in place.

ENDING

- 1 Run into center with four steps beginning with R (cts 1-4)
- 2 Step heavily onto R while lifting L knee (ct 1); hold (cts 2-4).

REVIEW VIDEO

Sequence: Part 1 twice; Part 2 twice, Part 3, Part 1 twice; Part 2 twice, Part 3, Ending.

Presented by Erica Goldman
Statewide 2012

Lyrics:

MIZMOR LAILA

Et kol hakochavim taman,
et hasahar ataf bish'chor
mitzafon ve'ad Teiman
ein keren or

Ein or, ein keren or
Ein or, ein keren or

Vehaboker alman ne'eman
sak afor al motnav yachagor
mitzafon ve'ad Teiman
ein keren or

Ein or, ein keren or
Ein or, ein keren or

Hadliku na ner lavan
be'ohel libi hashachor
mitzafon ve'ad Teiman
yiz'rach ha'or

Ha'or, yiz'rach ha'or
Ha'or, yiz'rach ha'or

NIGHT CHANT

All the stars were hidden away
the moon is wrapped in black
from the North to Yemen
there is no ray of light

There is no light, there is no ray of light
There is no light, there is no ray of light

The morning is a faithful widower
on its hips it wears a grey bag
from the North to Yemen in the South
there is no ray of light

There is no light, there is no ray of light
There is no light, there is no ray of light

Please light a white candle
in my heart's black tent
from the North to Yemen
the light will shine

The light, the light will shine
The light, the light will shine



Singer Achinoam Nini ("Noa")