

NIGUN MIXER
(Jewish)

Source: A Jewish dance introduced at Folk Dance Camp, Stockton, California, by Vyts Beliajus. Nigun is the Hebrew word for "tune" or "melody." As a rule the tunes are without words and are sung either to "la-la-la" or "bim-bam." The tunes are of Hassidic origin. The Hassidim are noted for their Niguns and Zmireth; Zmireth being "lay songs in praise of the Divine."

Record: Folkraft F-1092A

Music: "Dance and Be Merry" Vol. I, Clayton F. Summy Co.

Formation: Two cpls facing each other in a double circle, W on the M R. Inside hands are joined and arms extended, outside hands hang freely.

Steps: Leap-step, Run*, Step-hop*
*Described in Folk Dances From Near and Far.

Measures Pattern
(4/4)

I. Leap-Step

- 1 Beg with inside ft, M R, W L, leap twd own ptr so that inside shoulders almost touch (ct 1), bring outside ft to instep of inside ft and momentarily shift weight onto outside ft (ct &), step in place on inside ft (ct 2), pause (ct &). Beg with the outside ft repeat leap-step away from ptr (cts 3 & 4 &).
- 2 Repeat action of meas 1.

II. Arch

- 3 Cpls move fwd with 4 running steps to change places. Cpls facing CW form an arch with joined hands; cpls facing CCW pass under arch on 4th ct. All release hands and turn inwardly to face direction from which they came.
- 4 Repeat action of meas 3, returning to original pos. Cpls now facing CW form the arch.

III. Star and Progress

- 5 Release hands, clap own hands once and simultaneously stamp R without taking wt on that ft (ct 1), leap high onto R ft and join R hands high above heads, forming a R hand star (ct 2), step fwd on L ft (ct 3), hop on L (ct 4).
- 6 Repeat step-hops on R ft (cts 1, 2), on L ft (cts 3, 4), moving fwd CW to opp cpls pos.
- 7 - 8 Repeat action of meas 5-6, except that ptrs join L hands to make a two-hand star and circle one-half turn CCW to face new cpl. All cpls have now moved fwd one place and are facing original direction.

Continued.

NIGUN MIXER (CONT.)

NIGUN MIXER
(Contd.)

Measures Pattern

Note: On final step-hop M completes turn in place
and at the same time changes hands to rejoin inside
hands with W.

Notes courtesy of the Folk Dance Federation of California
Presented by: Vyts Beliajus

Folk Dance Camp, 1962

Handwritten notes:
From NY...

Handwritten notes:
Folk Dance Camp, 1962