

NIGUN MIXER, JEWISH

Folkraft Record F--1092 A

Nigun is the Hebrew word for "tune" or "melody". They are as a rule, tunes without words and are sung either to "La-la-la's" or "Bim-bam". They are of Hassidic origin, the Hassidim being noted for their Niguns and Zmiroth (Lay songs in praise of the Divine).

FORMATION: Double circle, one couple facing another.  
Girl to the right of boy. Inside hands joined and stretched.  
(Formation as in the Spanish Circle.)

Meas. 1: With inside foot (Boy R, Girl L) leap toward own partner so that inside shoulders nearly touch (1), bring outside foot near inside foot (and), step on inside foot in place (2), pause (and). Now leap away from each other starting with outside foot (3), bring inside foot to outside (and), step on outside foot in place (4), pause (and).

Meas. 2: Repeat above once more,

Meas. 1 (repeated): All couples facing clockwise raise their joined hands and with four steps run toward the place of the couple facing them. While all the couples facing counter-clockwise run under the arch with four steps. On the fourth step all release hands and turn to face direction they came from.

Meas. 2 (repeated): Rejoin present inside hands and once again, those facing clockwise form the arch and the others go under, returning to original places. 4 steps.

Meas. 3: All release hands and face original couple. Clap own hands and at the same time stamp right foot (1), leap high on right foot and with right hand join high above heads forming a right hand mill (or star) (2), step forward on left foot (3), hop (4).

Meas. 4: (continue) Step on right foot (1), (2), step on left foot (3), hop (4). During the step-hops move forward in a clockwise direction so that places are exchanged with the other couple of their own quartet.

Meas. 5-6: Repeat Meas. 3-4, however, joining left hands and with your own partner only, circling around your own partner in the new place. (All couples moved ahead one place). Now, face a new couple and start the dance from the beginning. Dance until the original couple is met, or, as long as desired.

(Note: "Dance and Be Merry" Vol. 1 has another version of Nigun in a play party dance-game form. It also has a two hand arrangement of the music,)