

# SHABBAT MENUCHA

(Israel)

Choreographed by Israel Shiker in 1983. The lyrics by Rabbi Shalom Shabazi praise God and give thanks for the rest provided by the Sabbath.

Translation: Sabbath Rest

Formation: Individual dancers in a circle facing center, hands not joined but moving freely about the body.

Steps: R Yemenite: Step to R on R (ct 1); step slightly backward onto L (ct &); step on R in front of L, taking weight (ct 2)  
L Yemenite: Step to L on L (ct 1); step slightly backward onto R (ct &); step on L in front of R, taking weight (ct 2)  
Triplet: Step onto R (ct 1); step on L next to R (ct &); step onto R (ct 2); hold (ct 4). Can be done beginning with R or L foot. Can be done moving forward or backward or to the L or R on cts 1 and 2.

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## Part I

Meas.

- 1 R Yemenite
- 2 L Yemenite; except on ct 2, while stepping on L in front of R, turn 1/2 to R to face away from center.
- 3 Repeat meas. 1
- 4 Repeat meas. 2
- 5 Triplet beginning with R moving toward center
- 6 Triplet beginning with L moving toward center
- 7-8 Back away from center with 4 walking steps (R-L-R-L). Fingers snap to R, L, R, L, mimicking the steps.
- 9-16 Repeat 1-8
- 17-18 Full turn to the R with two steps (R-L) to end facing center.

## Part III

Meas.

- 1 R Yemenite
- 2 L Yemenite
- 3 R Yemenite
- 4 L Yemenite
- 5 Bring feet together, knees pointed to L (ct 1); twist knees to R (ct 2)
- 6-9 Repeat 5-8 Part I (triplets to center; back up 4 steps)
- 10-13 Repeat meas. 1-4 of Part II (4 Yemenite steps)
- 14 Full turn to R with two steps (R-L) to end facing center
- 15 Bring feet together, knees point to R (ct 1); twist knees to L (ct 2)
- 16-19 Repeat 5-8 Part I (triplets to center; back up 4 steps)

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## Part III

Meas.

- 1 Wide step on R to R (ct 1); step on L in front of R and clap hands twice in front at about waist height (ct 2 &)
- 2 Full turn to R with two steps (ct 1, 2)
- 3-4 Repeat meas. 1-2
- 5 Sway R (ct 1); sway L (ct 2)
- 6 R Yemenite
- 7 Sway L (ct 1); sway R (ct 1)
- 8 L Yemenite
- 9-16 Repeat 1-8

Sequence: There are many recordings of this song, so the number of times through the dance and the ending will vary slightly. The sequence for the music provided is twice through the dance, the Part II, followed by Part III, meas. 1-2.

## SHABBAT MENUCHA

Libi byom Shabbat  
Yavin bechidot  
Gam mitmon achin  
Shalosh se'udot  
Afgin shevach la'el  
Harbe lehodot  
Ba azamra beshevach udvar tehila

Shabbat menucha he  
Ve ze kula  
Ma tov uma na'im, bo'ech bechemla

## SHABBAT FOR REST

My heart on Shabbat  
Understands the mysteries  
I will prepare a feast  
Three meals  
I will show praise to God  
So much to be thankful for  
I will sing his praises and glory

Shabbat is for rest  
And that's what it's for  
How great and pleasant your arrival