

ASHIRA LE'ADONAI (Let Us Praise the Lord)

(Israel)

Ashira Le'Adonai is the Song of Miriam, the sister of Moses, praising God who brought the Jewish people to freedom from slavery in Egypt. The lyrics are from the Bible; choreography by Rivka Sturman and music written by S. Postolsky.

PRONUNCIATION: Ah-sheer'ah leh-Ah-don-oy

MUSIC: Record: Hed Arzi AN 18-28, Side 2, Band 3

FORMATION: Line of dancers facing CCW, hands joined shoulder height and held stiffly, elbows bent, hands up.

Introduction: 2 meas. 4/4

<u>Meas</u>	<u>Ct</u>	<u>Pattern</u>
<u>PART I</u>		
A 1	1-4	Begin R. 4 walking steps in LOD
2	1	Step fwd with a rocking step on R, bending fwd from waist, leaving L ft in place.
	2	Rock bkwd on L, straightening body.
	3	Step bkwd rocking on R, leaning slightly bkwd, leaving L ft in place.
	4	Rock fwd on L ft, straightening body with a slight lift of the chest (an impulse).
3		Repeat meas 1.
4	1	Step fwd on R ft, turning body 1/2 turn L to face CW; release hands but maintain arm position. R arm lifts high on turn.
	2	Step fwd on L ft, in RLOD, gradually bending from the waist.
	3	Step fwd on R, still bending, and clapping own hands waist high.
	4	Step fwd on L, turning 1/2 turn to R to face original LOD, straightening body. Rejoin hands.
5-8		Repeat meas 1-4, but on last ct remain facing L and do not join hands.
<u>PART II</u>		
B		Face CW, hands held up to L of body, shoulder high with L hand about 6" higher than R, palms to face, elbows bent. Look at hands.
1	1	Step fwd R on ball of foot, raising hands on rising motion.
	2	Step fwd on L, slightly bending knees.
	3-4	Repeat action of cts 1-2, Part II, raising hands slightly higher.
2	1	Step fwd on R, dropping R arm down in an arc in front of body.
	2	Step fwd on L, turning 1/2 R to face CCW, continuing R arm swing upward to complete arc.
	3	Step bkwd on R ft, bending from the waist and clapping hands low in front.
	4	Slight leap to L on L, turning to face CW.
3-4		Repeat action of meas 1-2, Part II, but on final ct remain facing LOD (CCW) ready to repeat the dance from original position.

Presented by Rivka Sturman