

## Shalom Lachem

(Israel)

Children's dance from Israel.

Pronunciation: shah-LOHM lah-KHEHM Translation: Hello to You All

Music: 2/4 meter

*Stockton Folk Dance Camp 2011*

*Erica Goldman - Israeli Folk Dances CD, Track 14*

Formation: Sitting in a circle, legs crossed

Meas     2/4 meter

Pattern

### INTRODUCTION.

#### I. WAVE HELLO!

- 1 Extend R arm out in front of body with palm pressed fwd (cts 1-2).
- 2 Repeat meas 1 with L arm.
- 3-4 With palms still pressed forward, wave hello R-L-R-L (cts 1-2).
- 5-8 Repeat meas 1-4.
- 9 Clap hands (4 or 5 times) (cts 1-2).
- 10 Make fists and roll hands around each other and around a big circle in front of the face (cts 1-2).
- 11-18 Repeat meas 1-8 only.

### TRANSITION

- 1-4 Uncross legs and make noise banging hands and feet on ground, saying "noisy transition!" Alternate: spin around on backside and come back to facing the ctr.

#### II. SAME AS FIG 1 BUT USE FEET/LEGS

- 1 Extend R fwd and flexed (cts 1-2).
- 2 Repeat meas 1 with L ft.
- 3-4 With feet still flexed in front, rotate ankles to R-L-R-L. (cts 1-2).
- 5-8 Repeat meas 1-4.
- 9 Clap feet together in the air (4 or 5 times) (cts 1-2).
- 10 Roll feet like riding a bicycle or around each other (cts 1-2).
- 11-18 Repeat meas 1-8 only.

## Shalom Lachem — continued

III. ARMS AND LEGS TOGETHER

Repeat Figs 1 and 2 at the same time, using feet and hands for each movement.

Presented by Erica Goldman

Lyrics

Shalom lachem, shalom lachem,  
Shalom lachem shalom.  
U ma shlomchem, ma shlomchem,  
Ma shlomchem hayom?

Nechmad li me'od lifgosh etchem,  
Nechmad li me'od lomar lachem

Shalom lachem, ...

Hello to you, hello to you,  
Hello to you all.  
And how are you, how are you,  
How are you today?

It's very nice to meet you all,  
It's very nice to say to you...

Hello to you...