

Ma Navu

Dance: Raya Spivak. Formation: Circle, hands joined, facing center.

- A
- 1-2 Touch R toe FWD. Hold.
 - 3-4 Touch R toe to R. Hold.
 - 5-8 Yemenite back (R back, L next to R, R forward, hold (keep L back).
 - 9-10 Rock back (shift body weight back) onto L. Hold.
 - 11-12 Rock forward onto R. Hold.
 - 13-14 Rock back onto L. Hold.
 - 15-16 Rock forward onto R, closing L to R but not taking weight. Hold.
- B
- 1-4 Yemenite R (R to R, close L, R over L, hold).
 - 5-8 Facing LOD, take 3 steps FWD (L, R, L), hold
(Raising hands to shoulder level).
 - 9-32 Repeat B:1-8 three more times.

Ma Na'avu

Ma na'avu al heharim raglei ha mevaser,
Ma na'avu al heharim raglei ha mevaser,

Mashamia ha yeshua, mashamia shalom.
Mashamia ha yeshua, mashamia shalom.

(Repeat)

*How pleasant on the mountains are the feet
of the messenger of good tidings (repeat).*

*proclaiming salvation, proclaiming peace.
(repeat)*

(Repeat)