

Israeli

Nigun Atik

Dance: Rivka Sturman Formation: Single circle facing CCW. L arm bent and touches own L shoulder. R arm is extended FWD and joins L hand of the person in front.

- A 1-4 4 steps FWD (R, L, R, L).
 5 R to R side (releasing hands).
 6 Bend R knee and clap over R shoulder twice.
 7-8 Bend L knee and clap over L shoulder once.
 9-32 Repeat counts 1-8 three more times
- B 1 Facing center of circle, step R FWD.
 2 Bend R knee and snap fingers above head.
 3-4 Step L FWD, bend L knee and snap fingers above head.
 5-8 4 steps BKWD (R, L, R, L), lowering arms gradually
 9-32 Repeat counts 1-8 three more times.
- C (Possible 3rd and 4th parts, if couples, facing CCW, inside hands joined).
 1-4 4 steps FWD (R, L, R, L)
 5-6 R FWD and turn toward each other
 7-8 Close R to L and bow
 9-32 Repeat counts 1-8 three more times.
- D 1-2 Step R FWD, bend R knee.
 3-4 Step L FWD, bend L knee.
 5-8 Lift inside arms. 4 steps in place (R, L, R, L)
 While walking, W takes a 1/2 turn to L side (facing CW)
 9-12 M brings R arm down w/W's L behind W's head. W's R arm is
 behind M's back. Both move CW w/step from 1-4.
 13-16 4 steps (R, L, R, L) coming back to place, side-by-side, facing CCW
 17-32 Repeat counts 1-16. W ends in front of M to form circle

Repeat dance from the beginning.

Nigun Atik (Zemer Atik)

Od nashua el nigun atik
Vehazemir yif veye'erav.
Od gavia meshumar nashik, nashik,
Alizei einayim ulevav.

Tova, tova ohaleinu
Ki machol hiftsi'a.
Tova, tova ohaleinu,
Od nashuva el nigun atik.

*We will return again to an ancient melody
And the song will linger on.
When we raise our glasses together,
Our eyes and hearts will be bright.*

*How good are our tents,
Because there is dancing there.
How good are our tents.
Still, we return to an ancient melody.*