



'A Chassidic Melody' Dance

Capo 3

This slow melody has a longing feeling, probably the longing of the soul for our real home, for real peace. Like all niguns, they bypass the mind (no words) and allow you to feel...

Drum: dum titi dum ti (from 8 beats per bar: "dum" is on 1 & 5, "titi" is on 3,4 7)

- Lala lai lalalalai la Walking and facing to the right, left foot begins brushing and stepping forward, then right foot brushes and steps forward.
Hands: left palm upwards on own left shoulder, right hand rests in the open hand of the neighbour in front, so the arms form a circle spiral.
- lai- Left heel to left, looking down left (to circle centre) & close back,
lai- right heel to right, looking down right (to outside) and close back.
- Lala lai lalalalai **Repeat** all movements 3 times more (4x together).
lalai- -, (*sing 2x*)
- higher melody:* Flowing movement: facing centre, held hands slide down to V-hold,
lai lai lai lai L foot crosses in front, R side, L behind, R side (grapevine to the right),
lai- hands move up to a W-hold (elbows down, hands at shoulder level)
dancers look up to left while L heel to left and close back.
lai-, still facing centre, look up to right, R heel to right and close back.
- lai lai lai lai Hands drop down from W-hold to V-hold,
lai- -, **repeat** grapevine facing centre & heels with looking up left & right
- lai lai lai lai **repeat** grapevine facing centre
lai lai lai lai, & heels with looking up left & right
- lai lai lailailalai lai- - On the last phrase (two bars) dancers slowly turn alone right, flicking
their fingers 4 times in front of their faces,
end facing to the right, with open left palm on own shoulder to begin.

Some of the dance steps were inspired by the Yiddish circle dance: "Shnirele - Perele"

Melody: by Rabbi Shlomo Carlebach (permission to use this melody is requested)

Movements: Ralph Nimmann