



## Lai Lai Lai Lai – Nigun in 2 voices

em D

Lai lai lai lai lai la la la lai lai lai lai lai lai la la la la la

Lai lai lai lai lai la la la lai la la lai lai lai la lai la la la

em D em

Lai lai lai lai lai la la la lai lai lai la la la lai

Lai lai lai lai lai la la la lai la la la lai lai lai

This is a lively and joyful nigun with an optional 2<sup>nd</sup> melody (2<sup>nd</sup> & 4<sup>th</sup> line).

The partner part for the dance is also optional and should alternate with the circle part.

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

### Circle part:

Lai lai lai lai

The left foot (L) leads all movements in this dance:

facing centre of circle, walk 4 steps LRLR to the centre, clapping hands 4x from waist upwards above head level

\_ Lai- lailailailai

facing centre of circle, walk 4 steps LRLR back slightly to the right (L step before Lai), hands move (“flow”) back down, palms up.

### Repeat 2x more

Clapping up & flowing down, stepping a star pattern on the floor. Last (3<sup>rd</sup>) time stay in, step on the spot and swing arms down and up round your neighbours’ waists

lai- lai- lailailailai----

L foot crosses to the right in front while we sink down a bit, R side step & straighten up a bit (3x), end with 3 steps back out (RLR)

### Partner part:

Lai lai lai lai

(Optional, alternating with the circle part)

As above: step in clapping up & back to right flowing out of the circle 3x

\_ Lai- lailailailai (3x)

Last time end facing partner

lai- lai- lailailailai----

Right hand on partners left hip, left hand up (head level), palm facing in, step forward into a turn, L foot leading, end on other side of the partner.

Melody: Myrna Rabinowitz [www.myrnarabinowitz.com](http://www.myrnarabinowitz.com) from the CD: “And You Shall Teach Your Children” by Shir Hadash. (permission to use this melody was given to Ralph)

Movements: Ralph Nimmann