

Hineh Ma Tov

(Israel)

The lyrics are a very old traditional Jewish song and the words are sung to several different tunes. There is another, much older, circle dance. This is an updated version of the song sung by the Miami Boys Choir (based in Brooklyn, New York). This group is the Orthodox Jewish community's version of Menudo, that pop group of young boys whose membership changed when a boy's voice changed (Ricky Martin got his start there). The choreographer is an Israeli from Argentina who is presently living in Miami. The dance took the Israeli dance community by storm in 2004, loved by children, teens, and adults.

Choreographer: Silvio Berlfein (approx. 2004)

Translation: How Good

Pronunciation: ee-NAY mah tohv

Music: *Israeli Dances Stockton 2006*, Band 10.

4/4 meter

Formation: Dancers as individuals standing in lines facing the music.

Cts

Pattern

I. FACING THE MUSIC, MOVING R, L THEN FORWARD AND BACK

- 1-2 Step to R on R with slight dipping motion, bending knee and straightening it.
- 3-4 Repeat cts 1-2 with L ft to L.
- 5-8 Step-together-step (R-L-R) moving to R.
- 9-16 Repeat cts 1-8, all with opp ftwk and direction.
- 17-18 R heel fwd, then step onto R.
- 19-20 L heel fwd, then step onto L.
- 21-22 R heel fwd, step back onto L while turning 1/4 to L.
- 23-24 Repeat cts 21-22. All are now facing the back of the hall.
- 25-32 Repeat cts 17-24 and end facing the front of the hall.
- 32-16 Repeat cts 1-32 exactly.

II. REACH HIGH, DOUBLE-TIME GRAPEVINE, JUMPING JACK!

- 1-2 Step on R to R, strongly raising arms high, fingers open.
- 3-4 Step on L behind R, step back in place on R, arms come down so hands are about shldr level, elbows bent.
- 5-8 Repeat cts 1-4 with opp ftwk and direction, same arm movements.
- 9-12 Fast grapevine moving to R: R to R, L cross behind, R to R, L cross in front.
- 13-14 Open R to R so ft are about shoulder-width apart, taking wt onto both ft. Open arms wide to side, palms up.
- 15-16 Bring ft together. Clap hands over head.
- 17-32 Repeat cts 1-16 with opp ftwk and direction.

III. FORWARD, TURN 1/2, FORWARD, TURN 1/2

- 1-4 Repeat Part I, cts 17-20 (two heel-steps fwd).

Hineh Ma Tov—continued

- 5-8 Repeat Part II, cts 13-16 (ft apart, then together with a clap).
 9-16 Repeat Part II, cts 1-8.
 17-24 4 step-hops backing up (R-hop, L-hop, R-hop, L-hop), leading slightly with the shldr on each step: R shldr back on R-hop, L shldr back on L-hop.
 25-26 R heel fwd, step back onto L while turning 1/4 to L (CCW).
 27-32 Repeat cts 25-26 three more times, completing a full rotation to the L to end facing the front of the hall.

SEQUENCE: A B C BC
 A B C BC
 C (cts 1-8 only)

Song Words

Hineh Ma Tov

Hineh ma tov u manayim

Shevet achim gam yachad

How Good

How good and pleasant it is

For brothers to dwell (sit) together

Remember that the “CH” in Hebrew is pronounced like a hard “H” – as if you were clearing your throat.

Presented by Loui Tucker