

Leolam Be'ikvot Hashemesh

(Israel)

A line dance for children choreographed in 1996 by Levy Bar-Gil.

Pronunciation: leh-oh-LAHM beh-eeek-VOHT hah-MEHS

Translation: Forever Following the Sun

Music: 4/4 meter

Stockton Folk Dance Camp 2011

Erica Goldman - Israeli Folk Dances CD, Tracks 11&12

Formation: Individuals dancing independently, all facing front of room.

Steps & Styling: Refer to "Steps Used in Israeli Dancing."



Meas 4/4 meter

Pattern

INTRODUCTION.

I. TO RIGHT, TO LEFT, FWD AND BACK

- 1 Step R to R and hold (cts 1-2); step L next to R and hold (cts 3-4).
- 2 Step R to R (ct 1); step L to R (ct 2); step R to R (ct 3); touch L next to R (ct 4).
- 3-4 Repeat meas 1-2 with opp ftwk and direction (begin L to L).
- 5 Cha-cha-cha step fwd beg R (cts 1,&2); Cha-cha-cha step fwd beg L (cts 3,&4).
- 6 Walk four steps bkwd beg R (cts 1-4).
- 7 Swing R arm fwd, up, and back, making a big circle on R side of body (cts 1-4).
- 8 Repeat meas 7 with the L arm on the L side (cts 1-4).
- 9-16 Repeat meas 1-8.

II. INTERLUDE

- 1 Extend R arm straight up and hold (cts 1-2); extend L arm straight up and hold (cts 3-4).
- 2 Bring R arm down (ct 1); bring L arm down (ct 2); bounce twice in place with feet together while clapping twice (cts 3,4).

III. FIGURE TWO

- 1 With light leaping steps, step R to R (ct 1); step L behind R (ct 2); step R to R (ct 3); step L in front of R (ct 4).
- 2 Step R to R (ct 1); step L behind R (ct 2); bounce with feet together in place twice while clapping twice (cts 3,4).

Leolam Be'ikvot Hashemesh — continued

- 3-4 Repeat meas 1-2 with opp ftwk and direction, beg L to L.
- 5 One Cherkessia R, but arms are out to sides, fingers spread, bringing them up on fwd step and down on bkwd step (cts 1-4).
- 6 Repeat meas 5 with *sunshine arms* (cts 1-4).
- 7 Step fwd on R, leaving L in place (ct 1); pivot L on both ft to face back of room and step L in place (ct 2); repeat cts 1-2 to finish facing the front of the room again (cts 3-4).
- 8 Step R next to L and bring arms over head and hold (cts 1-2); clap hands overhead twice (cts 3-4).
- 9-16 Repeat meas 1-8.

Presented by Erica Goldman

Lyrics

LEOLAM BE'IKVOT HASHEMESH

Yom chamim, yom k'samim, yom tamim
 Halachnu im hashemesh
 Ba'arov, yom zahov,
 Lailah tov hayah lanu leil emesh.

Boker kar mul hayam
 Ei misham nichnas hayom basha'ar
 Bachalon etz alon, uvilon nitz'tu
 Be'or hashachar.

Ken, ken, ken, ken...
 Le'olam be'ikvot hashemesh
 Le'olam be'ikvot ha'or
 Hashemesh et yomi roshemet velibi tzipor

Yom chamim . . .

Ben adam kum nirdam, lo nadam
 Haru'ach shebat'chelet
 Rosh harem or karev
 Or zorem yashar al saf hadelet

FOREVER FOLLOWING THE SUN
(Literally, always in the footsteps of the sun)

A warm day, a magical day, a pure day
 We walked with the sun
 Together, a golden day
 We had a good night before yesterday

A cold morning against the sea
 From somewhere the day comes in through the gate
 At the window, an oak tree and a curtain were lit
 With the light of the sunrise.

Yes, yes, yes, yes...
 Forever following the sun
 Forever following the light
 The sun sketches my day and my heart's a bird.

A warm day . . .

A human get up, falls asleep, does not go silent
 The wind in the blue azure
 Head up high, light approaches
 Light flows straight to the door's edge

Me'achoray Hahar

(Israel)

Children's dance from Israel.

Pronunciation:	MEH ah-hoh-RAY hah-HAR	Translation: Behind the mountain
Music:	4/4 meter	<i>Israeli Dances 2011 CD</i> , Track 13
Formation:	Short lines of 4-6 people, hands on shoulders or waist of person ahead, like a train	

<u>Meas</u>	<u>4/4 meter</u>	<u>Pattern</u>
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INTRODUCTION.

I. WALKING AND JUMPING

- 1 Walk four steps fwd, R-L-R-L (cts 1-4).
- 2 Jump fwd three times (cts 1-3); hold (ct 4).
- 3-8 Repeat meas 1-2 three more times.

II. SLAP ALL HANDS

- 1-2 Everyone turns to one side and hold hands out at waist level, palms up. Leader runs down the line and slaps hands of each person until reaching the end. Leader joins the train at the end, leaving a new leader at the head of the line when the dance begins again.

If the train has five or fewer people, each person gets a turn at being the leader.

Presented by Erica Goldman

Lyrics

Me'achorey hahar	Behind the mountain
Achat, shtayim, shalosh!	One, two, three!
Sham yashvu shloshe gamadim	There sat three dwarfs
Achat, shtayim, shalosh!	One, two, three!
Lo achlu ve'lo shatu	They did not eat, they did not drink
Achat, shtayim, shalosh!	One, two, three!
Rak yashvu ufit'petu	They just sat and chatted
Achat, shtayim, shalosh!	One, two, three!