

MAYIM, MAYIM

Source: Mayim, Mayim (Water, Water) is a modern Israeli folk dance signifying joyousness and thanks in the discovery of water in the desert.

Formation: Single circle facing center, no partners. All hands joined w/ arms extended straight downward, R foot free.

Circassia step: Cross and step on R foot in front of , turning slightly to L (1, &), step on L foot, beside R, turning to face center (2, &), cross and step on R foot in back of L, turning slightly to R (1, &), leap lightly onto L foot, turning to face center (2, &).

Measures

1-8

FIG 1 - Music A

4 "Circassia" steps, starting w/R foot progressing CW (*Entire pattern of measures 1-2 done 4 times, accenting first step on R foot*).

1-2

FIG. 2 - Music B

4 running steps FWD, toward center of circle starting w/R foot. Accent the first step by leaping FWD on R foot, landing in deep knee bend, w/body bent FWD. Raise arms gradually upward while advancing toward center w/3 light running steps (L, R, L). Finish w/arms and head lifted upward.

3-4

4 running steps BKWD, away from center of circle, starting w/R foot. Accent the first step by leaping BKWD on R foot, landing in a deep knee bend. Lower arms gradually while moving BKWD w/3 light running steps (L, R, L). Finish w/body erect, arms extended straight ahead.

5-8

REPEAT pattern of measures 1-4, FIG. 2

INTERLUDE

1-2

Circle L w/4 running steps, starting w/R foot. All face L, keeping hands joined, and progress CW w/4 running steps FWD, starting w/R foot. Finish facing center.

FIG. 3 - Music C

1-4

Tap L toe in front and to side, hopping on R foot. Hop on R and touch L toe across in front of R foot (1, &), hop on R and touch L toe to L side (2, &). This pattern done 4 times.

5-8

Tap R toe in front and to side, hopping on L foot and clapping hands. Hop on L and touch R toe in front of L foot, clapping hands once in front (1, &), hop on L and touch R toe to R side, opening hands out to side (2, &). This pattern done 4 times.