



## Dance movements

*As this is a partner dance, first define partners*

1. Assalam aleikum
  2. Waleikum assalam
  3. Assalam aleikum
  4. Waleikum assalam
  5. Shalom
  6. Shalom Aleichem
  7. Shalom
  8. Shalom Aleichem
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1. Circle moves to the right (anti clockwise), facing center in two steps (R – L – R - L) on the rhythm of the music. On each right step, the heart and upper body move to the right (*zikh style*), cleansing the heart. With the left foot, the upper body comes back to center.
  2. Dancers release hands, palms facing up in receiving gesture and make a half turn (clockwise).
  3. Repeat movement 1, now facing out, greeting the outside world, moving to the right, so in fact returning to the starting position, though now with back to the center.
  4. Repeat movement 2, ending up facing center.
  5. Turn to your partner, hands on the heart, right foot in front, left behind and sway forward and back two times with your partner (*shokkelen*), the hearts meeting and praying for peace together.
  6. Open arms to crescent moon and make half turn (clockwise, partners are not holding hands).
  7. Repeat movement 5 with same partner.
  8. Make one turn clockwise, on your own, arms as in 6, ending up facing center.  
Hold hands in the circle, waiting for the end of the dance to start anew. Be aware of the pause and use this time to breath together in peaceful harmony.