



A DAILY DOSE OF DANCE - Programme 7– Summer Fun

As this very unusual school year comes towards its end, here is a selection of dances to enjoy with the family over the summer. Why not dance in the garden, on the balcony, or with your neighbours in the street?! All the dances can be danced while maintaining social distancing.

Each dance has a short explanation and a link to video instruction. We can send music files, sheet music, song lyrics and/or dance notation to educational institutions on request to our email address: info@idi.org.uk

Susy & Maurice Stone

Shubi Dubi – Shubi Dubi is an affectionate name for a bear

A very simple dance which younger children will particularly enjoy.

You could dance it at a Teddy Bear's Picnic!

<https://vimeo.com/432303579>

Dio Dio – Dio Dio is the refrain for this song

This dance has the flavour of an American line dance. Put on your cowboy hats and enjoy! <https://vimeo.com/250879753/dcb9cefb14>

Hine Ma Tov – Behold, How Good

From Psalm 133, this well-known song expresses how good it is for people to live in harmony. This lively version is just one of many tunes to which these powerful words have been set. <https://vimeo.com/250884674/52bb323e25>

Ten Li et Hayom Hazeh – Give Me This Day

'What happened, forget about it
what will happen, it doesn't matter
what I'd ask in a world like this -
give me this day!'

Expansive movements will add to the feeling of wellbeing that this dance, about gratitude for each day will evoke.

<https://vimeo.com/289453896/803fa6e7ed>

Zeh Tov – It's Good

Another 'feel good' dance! While the steps are easy, the 'mayim' (grapevine) step can be replaced with four walking steps with emphasis on the first beat, for anyone who finds it difficult.

<https://vimeo.com/297700340/c5bd38588e>