



## **A DAILY DOSE OF DANCE - Programme 2 - Shabbat**

Here are a few Shabbat circle dances with simple steps. Your circle can be any size, even just you! They are accessible to all ages from pre-school to pensioners! They are danced to the melodies of prayers and songs sung from Kabbalat Shabbat (welcoming Shabbat) through to Havdallah (the conclusion of Shabbat). They reflect the mood of this special day, at once joyful and spiritual.

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 on request to our email address: [info@idi.org.uk](mailto:info@idi.org.uk)

Shabbat shalom everyone!

From Susy & Maurice Stone – with many thanks to Raya Spivak, who created these dances

### **Shalom Aleichem – Welcome**

Sung on Friday night in the synagogue and often at home, this welcome song illustrates the belief that on Shabbat angels accompany us. The verses ask the angels to come, stay, bless us and leave in peace.

<https://vimeo.com/313675187/e31490cbd6>

### **Yedid Nefesh – Beloved of the Soul**

This is one of many Shabbat hymns. It is sung on Friday night and also traditionally at the Seudah Shlishit – the third Shabbat meal in the afternoon. The dance is in waltz rhythm.

<https://vimeo.com/313675699/c06a0e8ee4>

Here's a link to a more complex version of the dance, done by folk dancers around the world

<https://youtu.be/TLAthu7SZng>

### **Brachot Lehavdala – blessings for Havdala**

At the end of Shabbat, the separation of this special day and the rest of the week is marked with these blessings over wine, light in the form of a twisted candle and spices.

<https://vimeo.com/313674061/efa6aa0953>