



A DAILY DOSE OF DANCE

With so much enforced time at home we will all be seeking ways to look after our physical and mental wellbeing. The IDI is delighted to be able to offer you a fun and very Jewish way to exercise.

These dances have simple steps. They are 'scatter' dances, so no physical contact necessary. They are accessible to all ages from pre-school to pensioners! We hope that the songs will be motivational, so do sing along as you dance.

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

Enjoy!

Bashana Haba'a – Next Year

This dance projects forward to better times in the future. Join in with the refrain: 'Look how good it will be next year!' <https://vimeo.com/313670592/ec7eeff428>

Chai – Alive

This dance is about survival and how good it is to be alive. Sing along to the chorus – 'this is my grandpa's song, sung by my dad and today by me.' <https://vimeo.com/310957409/cb380e5f53>

Eize Yom Yaffe – What a Lovely Day!

'What a lovely day' speaks for itself. It provides a really good 'work out!' <https://vimeo.com/user78851325/review/297700163/ecfdb69e1f>

Hamishpacha Sheli – My Family

This dance is about family. Learn some Hebrew family member words as you sing along. (Aba-dad, saba-grandpa, savta – grandma, doda raba – great aunt, achoti – my sister). <https://vimeo.com/289451071/2d0766bc0d>

Noladetti LaShalom – I was Born for Peace

In this dance, stretch out a hand for peace. There is an interlude between the verses where you reach down, then up with your hands. As you reach up, add to the exhilaration by making a 'whooping' noise. Great fun! <https://vimeo.com/310983065/e174e651de>

Mastered them all? Contact us for more!