



הָבֵה נְשִׁירָה בְּטָחוֹל
Hava Nashira Bamachol

A Time To Dance

*But tonight, this night
But this night...

To every thing there is a season; to
every thing there is a season and a time

A time to love, a time to hate,
a time for war
And a time, and a time of peace

**To every thing there is a season; to
every thing there is a season and a time

**A time to love, a time to hate,
a time for war
And a time, and a time of peace
[Ecclesiastes III-1 & 8]

But tonight, this night
But this night

All of us with joy; for us tonight
A time to dance, a time to dance,
a time to dance

All of us are happy; for us tonight
A time to dance, a time to dance,
more and more

Et Rekod

*Aval halaila, halaila hazeh
Aval halaila hazeh...

Lakol zman, lakol zman va'et
Lakol zman, lakol zman va'et

Et le'ehov, et lisno,
et milchama
Ve'et, ve'et shalom

**Lakol zman, lakol zman va'et
Lakol zman, lakol zman va'et

**Et le'ehov, et lisno,
et milchama
Ve'et, ve'et shalom
[Kohélet III-1 & 8]

Aval halaila, halaila hazeh
Aval halaila hazeh

Kulano be'simcha; la-lanu halaila
Et rekod, et rekod,
et rekod

Kulano be'simcha; la-lanu halaila
Et rekod, et rekod,
od va'od

עת רקוד

*אבל הלילה, הלילה הזה
אבל הלילה הזה...

לכל זמן, לכל זמן ועת
לכל זמן, לכל זמן ועת

עת לאהוב, עת לשנוא,
עת מלחמה
ועת, ועת שלום

**לכל זמן, לכל זמן ועת
לכל זמן, לכל זמן ועת

**עת לאהוב, עת לשנוא,
עת מלחמה
ועת, ועת שלום
[קהלת ג-א]

אבל הלילה, הלילה הזה
אבל הלילה הזה

כלנו בשמחה; ל-לנו הלילה
עת רקוד, עת רקוד,
עת רקוד

כלנו בשמחה; ל-לנו הלילה
עת רקוד, עת רקוד,
עוד ועוד

Please note:

*These two lines are the vocal introduction that are sung before the dance begins.

**These lines are omitted the second time through the dance.

עת לרקוד Et Lirkod

Dance: Elad Shtamer
Music: Yitzy Waldner & Yaakov Shwekey
Singer: Yaakov Shwekey
Meter: 4/4

Song Title: Et Rekod
Lyrics: Yaakov Shwekey based on
text from Kohelet
Formation: Circle, hands free

PART I Face CCW

- 1-4 Moving fwd on line of circle, open mayim beginning with R [Fwd R,L, R side to face center, L behind R].
- 5-8 Face CCW: Two step-tog-steps fwd beginning with R [RLR, LRL].
- 9-12 Repeat counts 1-4.
- 13-16 With two step-tog-steps [RLR, LRL], $\frac{3}{4}$ turn rt. moving fwd on the line of the circle and end facing center.
- 17&18 Move sideward: R-tog-R to rt.
- 19-20 Step L across R with left arm crossing in front and rt. arm raised upward, step back on R in place.
- 21-24 Repeat counts 17-20 with opposite footwork/arms and direction.
- 25-26 Step R bwd, L fwd in place.
- &27-28 Hop fwd on L, step R fwd, L back in place.
- 29-32 Four steps bwd: R,L,R,L.

Repeat Part I (first time through the dance only)

PART II Face Center

- 1&2 Move sideward: R-tog-R to rt.
- 3-4 Step L across R with left arm crossing in front and rt. arm raised upward, back on R in place.
- 5-8 "*Sway and turn*": Step L to left and full turn in place to rt. with R,L,R.
- 9-16 Repeat counts 1-8 with opposite footwork/arms and direction.
- 17-20 Two quick Yemenite steps in place: RLR, LRL

PART III Face Center

- 1-2 Jump with feet slightly apart, hop on R.
- 3&4 Moving on the line of the circle: L behind R, R to rt., L across R.
- &5 Step R to rt., cross L over R and face CCW.
- 6 Leap fwd onto R.
- 7&8 Moving fwd: L-tog-L.
- 9-10 Moving fwd on line of the circle, full turn rt. with two steps R,L.
- 11&12 Moving fwd: R-tog-R (RLR).
- 13-14 Continuing fwd: Full turn left with two steps L,R.
- 15-16 Moving fwd: L-tog-L (LRL).
- 17-32 Repeat counts 1-16 but end facing center.

PART IV Face Center

- 1-2 Two hops on L while touching R heel fwd twice.
- 3 Leap sideward onto R while touching L heel fwd.
- 4 Leap sideward onto L while touching R heel fwd.
- 5-8 Repeat counts 1-4 with opposite footwork.
- 9-10 Jump and 1/4 turn to left with R foot and rt. shoulder toward center, hop back onto L to face center.
- 11&12 Quick Yem. R bwd [back, back, fwd].
- 13-14 Jump and 1/4 turn to rt. with L foot and left shoulder toward center, hop back onto R turning to face out of center.
- 15&16 Move fwd: L tog L (LRL).
- 17-30 Repeat counts 1-14 while facing out and end facing CCW.
- 31-32 Quick Yem. L bwd.

Dance is repeated twice. However, on Part IV it ends facing center. Then add:

Ending: Stamp fwd on R raising both arms upward.