

MAYIM-MAYIM

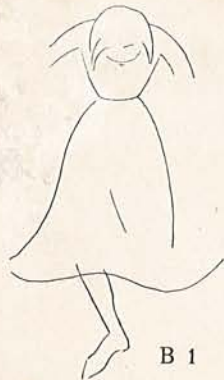
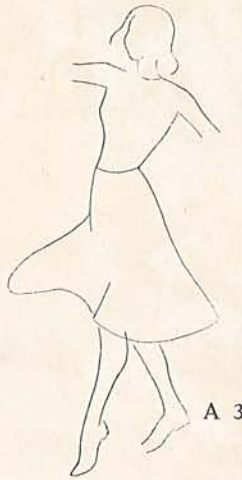
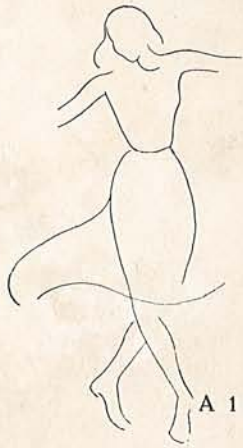


PALESTINE FOLK DANCE SERIES No. 3
RECORDED BY GERT KAUFMANN

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FOR THE ZIONIST ORGANISATION YOUTH DEPARTMENT

DESIGNS OF THE DANCE FORMS

THE LETTERS AND FIGURES REFER TO THE CORRESPONDING FIGURES OF THE DESCRIPTION.



THE DANCE MAYIM MAYIM

THE HISTORY

THIS is a real Kibbutz creation of the new Jewish Palestine. The dance was born in Degania, "Mother of the Kvutzot", on the shores of the Sea of Galilee; from there it found its way, borne by the youth, to Kiryat Anavim, in the hills of Jerusalem, where it underwent some changes and development.

At the first folk dance meeting at Dalia in the summer of 1944, it met with an enthusiastic response on the part of Kibbutz dancers from all over Palestine. They quickly learned the new dance and brought it home to their own Kibbutzim. Now it is being danced from Dan to Beer-Sheba, from Ramim to Gevuloth.

In this dynamic dance you feel the eternal rhythm of the waves, the movement of water drawn from the well and, above all, the supreme joy in finding water that revives the desert. The facile and beautiful form of the dance makes it possible to perform it as a mass-dance.

ON THE MUSICAL ACCOMPANIMENT

It is good to dance to the accompaniment of musical instruments. If the dancers sing themselves, the beauty of both dance and song suffer, especially with increasing speed and vigour. Instruments most suitable for accompaniment are flutes, violins and drums. If you cannot manage these, you may use a piano or a harmonica. If

DESCRIPTION OF THE DANCE

FORMATION

Round for as many as will. All hands are joined. If there are more than 20 dancers, a second circle may be formed inside the first.

THE STEPS AND DESIGN

PART A.

Move clockwise in light elastic steps.

1. The right foot crosses before the left.
 2. The left foot moves to the left side.
 3. The right foot crosses behind the left.
 4. The left foot jumps lightly to the left side.
- 5-8. Like 1-4.
9-16. Like 1-8.

The crossing of the right foot before and behind the left is accompanied by a slight turning of the hips. All the movements should be very gentle and smooth like the movement of waves.

PART B.

Move towards the centre of the circle and back.

1. The right foot jumps lightly forward, the body is bent forward, the clasped hands are down.
- 2-4. Three light running steps (left, right, left), the bent body is brought erect, the clasped hands are swung upward.
- at 4. The circle is closed, the hands above the head, heads and eyes lifted upward. (See cover page)
5. The right foot jumps lightly backwards, the body is bent again, the clasped hands swing down.
- 6-8. Three light running steps backwards, the bent body is gradually brought erect, the clasped hands swing backwards and upwards. (See cover page)

you have no instruments, divide your group into dancers and singers and alternate after some time; the singers should accompany the dance with a drum.

HOW TO LEARN IT

- 1) Learn the tune and words by heart. Know it exactly and freely! Pay attention from the beginning to the metronomical figure (M.M.) which is to be found printed on the top of the tune and which indicates the tempo of tune and dance.
- 2) Read slowly and exactly the whole description of the dance, then concentrate on the first part only (Part A), read it again until you comprehend it perfectly; try to perform it, slowly first, then in the above mentioned tempo (see M.M.). After that start to learn the second part until you master it.
- 3) Compare carefully the numbered drawings with the corresponding descriptive notes and the numbers above the mu c.
- 4) Start the work with patience and exactness, never in a hurry.
- 5) Study the steps in the company of 2 or 3 friends, help one another and try them together. Try the dance forms and the whole design in the company of at least 8 people. Otherwise you cannot perform Part B as it should be done.

at 8. The circle is wide again, the hands are at shoulder-height.

9-16. Like 1-8.

Closing and opening the circle should be done in a swinging movement and spirited manner. The movement of body and hands is like that of waves.

PART C.

Turn left and move clockwise again.

- 1-3. Three elastic running steps or light jumping steps (right-left-right).
 4. Turn on the right foot to the centre of the circle; the left foot touches the ground near the right foot. Then on the spot, all the dancers facing the centre, hands still joined:
 5. The tip of the left foot touches the ground crossing before the right foot and near its tip, while the right foot hops.
 6. The tip of the left foot touches the ground beside and slightly behind the right foot (in line with the right heel, at about one inch distance), while the right foot hops.
 7. Like 5.
 8. Like 6.
 - 9-12. Like 5-8.
- The hands are separated.
- 13 The tip of the right foot touches the ground crossing before the left foot, while the left foot hops and the hands clap. (See back page)
 14. The tip of the right foot touches the ground beside and slightly behind the left foot, while the left foot hops (no hand clapping!)
 15. Like 13.
 16. Like 14.
 - 17-20 Like 13-16.