

MA NAVU

"HOW BEAUTIFUL"

Isaiah 52:7

Circle dance by Raya Spivak (1975)

Music by Yossi Spivak

"Ma navu al heharim raglei hamevaser
Mashmia yeshua mashmia shalom"

"How beautiful upon the mountains are the
feet of the messenger of good tidings, proclaiming
salvation, proclaiming peace"

Note: I have danced many variations of this
dance! The version I prefer and teach is as per
Volume 1 of Bo'u Likkod Israeli Folk Dances for
Beginners Second Revised Edition July 1995
published by The Israel Folk Dance Institute

PART 1 (V hold)

A		↓	↑	↓	↑	↓	↑	A	2 repeat Part 1 mirrored i.e. with opposite feetwork
R	R	R	L	R	L	R	L	L	
≡	≡	≡	≡	≡	≡	≡	≡	≡	
f	s(right)	b	cl	f	b	f	cl	(no weight)	
	(yemenite)								

PART 2 (V hold)

→	←	↻	→	→	↻	x 4	
R	L	R	R	L	R		L
≡	≡	≡	≡	≡	≡		≡
s	cl	xf	swivel	f	f		f
(side yemenite)		1/4 to R					swivel
						1/4 to L	

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