



Israeli Folk Dance Workshop

Early Childhood Dances

Educator: Orly Star Setareh

BJE Conference

March 10, 2025

1. Shalom Lachem: “Hello To All of You” (“Umashlomchem HaYom?” And “How are you today)

(Sit on floor feet in criss-cross position)

Part 1: Hands

Extend R hand, extend L hand, wave both hands x4 (R,L,R,L)
(Repeat)

Clap hands x4, Roll arms x4

Extend R hand, Extend L hand, wave both hands x4 (R,L,R,L)
(Repeat)

Transition: slap thighs like drum roll

Part 2: Feet (same movement in Part 1 but with feet)

Pick up R foot, Pick up L foot, wave both feet x4 (R,L,R,L)
(Repeat)

Clap feet x4, Ride bike x4

Pick up R foot, Pick up L foot, wave both feet x4 (R,L,R,L)
(Repeat)

Transition: stomp feet like drum roll

Part 3: “The challenge” hands and feet at the same time

Extend R hand and pick up R foot, extend L hand and pick up L
foot, wave both hands and feet x4 R,L,R,L
(Repeat)

Relax!

2. Im Hayinu Tziporim : Bird Dance in Hebrew :

If only we were birds, how we would flap our wings, take off and fly together into the sky. How we would land and find a place to rest and sing like birds.

Part 1: (Stand in circle facing in)

Flap your hands x4

Flap your elbows x4

Shake your toosh down x4

Clap x4

Part 2:

Fly around the circle like a bird staying in order

3. Hokey Pokey in Hebrew:

Part 1:

Hebrew words:

Yad Yamin: right hand

Yad Smol: left hand

Regel Yamin: right leg

Regel smol: left leg

Rosh: head

Goof: body

“Bifneem”: inside

“Bachootz”: outside

“Sivoov” or “Listovev”: To turn or spin

4. K'mo Sevivon: Like a Dreidel Dance: Anyone wants to be like a dreidel? Try to turn your body!

Hebrew words:

Yadayim: Hands

Ktafayim: Shoulders

Motnayim: Hips

Raglayim: Legs

Sovevet: Rotate

Part 1: Open R hand Open L hand in shape of a W then connect hands over head and turn around (REPEAT)

Part 2: Roll arms, hands on shoulders with elbow circles, hands on hips and rotate hips, leg circles

5. Kol HaYeladim Koftzim Rokdim : All the kids are jumping and dancing

Part 1: Jump 12 counts then raise both arms up in the air (REPEAT)

Part 2: Put hands on hips, put hands on shoulders, put hands on head and count 1,2,3

Part 3:

Kmo Kofim: “Like Monkeys” pound on chest

Kmo Anashim Yafim: “Like pretty people” hands behind head

Kmo Malachim: “Like angels” flying gestures

Tarimu TaYadayim ala shamayim: Raise hands to the sky

Interlude: Jumping Jacks

6. Artik Menta: Ice-cream dance

Part 1: Twist to R x8, Twist to L x8 (Repeat)

Part 2: R arm swims back, L arm swims back, 4 twists all the way down (eat the ice cream before it melts!)

7. Meachoray HaHar: “Behind the mountain” sat 3 small friends

who didn't eat nor drink. They just sat and talked.

(Kids stand across from their partner in a row. Everything is in counts of 3.) **Partner Dance**

Part 1: Walk backwards away from partner 3 steps

Clap 3 times:

Echad: one

Shtayim: two

Shalosh: three

Walk forward towards partner 3 steps and give 3 tens to partner (2 fives with both hands)

(REPEAT)

Part 2: hands over head and spin once

8. **Aleph-Bet Partner Dance:** (Learning the Hebrew alphabet)

Face your partner:

Part 1: slide with partner holding hands to one direction 5 counts and hold 3 counts. Then slide together in the opposite direction for 5 counts and freeze for 3.

Part 2: Let go of hands and raise R arm then raise L arm, R arm down, L arm down, hold hands again and turn together clockwise

(REPEAT from beginning. Music gets faster each time)