

LECH LAMIDBAR

(Israel)

Lech Lamidbar (Let's Go to the Desert) is a popular, fast-tempo circle dance. This dance originated in the Israeli army and is characteristic of the pioneering life of modern Israel, but retains in its lyrics the ancient echoes of the Psalms. The music is by A. Abramowitz and the choreography by the "Nachal" group. The folk dance pattern as notated by Dvora Lapson is included in the second series of Israeli Folk Dance. The dance was introduced by Miriam Lidster at the University of the Pacific Folk Dance Camp, 1954.

MUSIC: Record: Folk Dancer MI-1093; Israeli Folk Dances LP 516;
Israel 45-2002; Israel 118-B (78)

FORMATION: Single circle formation with hands joined and down.
All face ctr of circle.

STEPS: Leap*, step close*, step-hop*

Grapevine: Step R across L, step L beside R, step R behind L, step L beside R. This step may be executed in either direction.

MUSIC 4/4

PATTERN

Measures

- 4 meas INTRODUCTION
- I. LEAP, STEP AND STEP-CLOSE
- A 1 Beginning with R ft, leap to R (ct 1), step L across in front of R (ct 2), step R beside L (ct 3), take a slight bend of the knees (ct 4).
- 2 Step to L on L (ct 1), close R to L, bending both knees slightly (ct 2). Repeat step-close (cts 3, 4).
- 3-8 Repeat action of meas 1-2 three times.
- II. STEP-HOP AND GRAPEVINE
- B 9 Step R to R (ct 1), hop and simultaneously kick L fwd (ct 2). Repeat step-hop on L kicking R fwd (cts 3, 4).
- 10 Beginning with R ft do one Grapevine step moving to the L.
- 11-16 Repeat action of meas 9-10 three times.
- III. STEP, BEND
- C 17 Step to R on R (ct 1); bend R knee, keeping L on floor and in place (ct 2). Step to L on L (ct 3), bend L knee (ct 4).
- 18 Step directly fwd on R, with both knees bending slightly and at the same time bring both hands fwd and up (ct 1). Transfer wt back onto L (ct 2), close R to L (no wt) returning hands to sides (ct 3), hold (ct 4).
- 19-20 Repeat action of meas 17-18.

LECH LAMIDBAR (continued)

IV. GRAPEVINE, JUMP AND LEAP

- 21-22 Beginning with the R ft do two Grapevines to the L.
On cts 3, 4 of second Grapevine jump onto both ft, then leap
onto R kicking L up behind.
- 23-24 Beginning on the L ft, do 2 Grapevines to the R. On the
last 2 cts jump onto both ft, then leap onto L kicking R
up behind.
- 25-28 Repeat action of meas 21-24.
The dance is repeated three times (4 times in all).

LAMIDBAR

Lech lech lamidbar
Hadrachim yovilu
Layil terem ba
Lech achi el hamidbar.
Shuv shuv nachazor
Hatzukim yari'u
Shemesh g'dola shel or
Od tizrach aleynu.
Lamidbar eretz lo mayim
Ho at admati shavnu eylayich
Eretz melecha ruach veza'am
Halochamim chazru, ho kesa'ar
Lamidbar, eretz lo mayim
Ho at admati shavnu eylayich.

GO TO THE DESERT

Go to the desert, go down
The roads will lead you there,
Go, my brother, to the desert
Before the night descends.
Again, again we will return,
The rocks will ring with our coming,
A bright red ray of sun
Will spread its light upon us.
To the desert--land without water,
O wasteland--we have returned;
Salt-filled sands, land of wrath
The warriors returned like a storm
To the dessert--land without water,
O my land--we have returned.