

NIGUN MIXER

(Jewish)

A Jewish dance introduced at Folk Dance Camp, Stockton, California, by Vyts Beliajus. Nigun is the Hebrew word for "tune" or "melody." As a rule the tunes are without words and are sung either to "la-la-la" or "bim-bam." The tunes are of Hassidic origin. The Hassidim are noted for their Niguns and Zmireth; Zmireth being "lay songs in praise of the Divine."

MUSIC: Record: Folkraft F-1092 A
Piano: "Dance and Be Merry" Vol. I., Clayton F. Summy Co.

FORMATION: Two couples facing each other in a double circle, W on the M R. Inside hands are joined and arms extended, outside hands hang freely.

STEPS: Leap-Step; Run*; Step-Hop*.

Note: CW—Clockwise; CCW—Counterclockwise; Ft—Foot.

Music 4/4	Pattern	Illustrations by Carol Gove
Measures	I. <i>LEAP-STEP</i>	
1	Beginning with the inside ft, M R, W L, leap toward own partner so that inside shoulders almost touch (ct. 1); bring outside ft. to instep of inside ft. and momentarily shift weight onto outside ft. (ct. &); step in place on inside ft (ct. 2), pause (ct. &). Beginning with the outside ft, repeat leap-step away from partner (cts. 3 & 4 &).	
2	Repeat action of Meas. 1.	
3	II. <i>ARCH</i>	
4	Couples move fwd with 4 running steps to change places. Couples facing CW form an arch with joined hands; couples facing CCW pass under arch on 4th ct. All release hands and turn inwardly to face direction from which they came.	
5	Repeat action of Meas. 3, returning to original position. Couples now facing CW form the arch.	
6	III. <i>STAR & PROGRESS</i>	
7	Release hands, clap own hands once and simultaneously stamp R ft without taking weight on that ft (ct. 1); leap high onto R ft and join R hands high above heads, forming a R hand star (ct. 2), step fwd on L ft (ct. 3), hop on L (ct. 4).	
8	Repeat step-hops on R ft (cts. 1, 2), on L ft (cts. 3, 4), moving fwd (CW) to opposite couples position.	
7-8	Repeat action of Meas. 5-6, except that partners join L hands to make a two-hand star and circle one-half turn CCW to face new couple. All couples have now moved fwd. one place and are facing original direction.	
	Note: On final step-hop M completes turn in place and at the same time changes hands to rejoin inside hands with W.	