

Shav El Admati

(Israel)

This dance was choreographed in 1981 by Gabi Moti and has recently experienced a recent revival when the song was re-recorded.

- Pronunciation: SHAHV ehl ahd-mah-TEE Translation: Returning to my land
 Music: 4/4 meter *Erica Goldman: Israel Dances, Track 13 and 14*
 Formation: Hands joined in V-pos, moving generally CCW around the circle. This is a left-footed dance, in that all the patterns begin with the left foot.
 Steps & Styling: Yemenite: Step R to R with slightly bent knee (ct 1); step L to L and slightly bkwd (ct &); step R in front of L (ct 2); pause (ct &). Can be done with opp ftwk and direction.

<u>Meas</u>	<u>4/4 meter</u>	<u>Pattern</u>
		<u>INTRODUCTION</u> . No action. Wait 4-8 measure, depending on the piece of music used.
		I. <u>WALK CCW</u>.
1		With knees flexing on each step, walk 4 bouncy steps, CCW, beg L (cts 1-4).
2		Point L toe fwd (ct 1); point L toe bkwd (ct 2); point L toe fwd (ct 3); lift L in front with knee bent and slight hop/chug on R (ct 4).
3-8		Repeat meas 1-2 three more times. On meas 8, turn ¼ L to face ctr with L ft raised.
		II. <u>IN AND OUT</u>.
1		Tap L heel in place (ct 1); lift L slightly while hopping on R (ct &); step fwd twd ctr on L (ct 2); step R to ctr (ct 3); touch L next to R (ct 4).
2		Repeat meas 1.
3		Triplet steps backing away from ctr: step L bkwd (ct 1); step R next to L (ct &); step L bkwd (ct 2); step R bkwd (ct 3); step L next to R (ct &); step R bkwd (ct 4).
4		Two Yemenite steps, beg with L and then with R (cts 1, &, 2, 3, &, 4).
		III. <u>FACING CTR, MOVING CCW; TURNING R; YEMENITES</u>.
1		Bending fwd from the waist and swinging arms back, step L in front of R (ct 1); step R slightly fwd (ct &); step L in front of R (ct 2); bringing arms up into W-pos, step R to R (ct 3); touch L heel twd ctr (ct 4).
2		Repeat meas 1.
3		Make a full turn R with four steps (L, R, L, R), beg crossing L in front of R.
4		Repeat Fig II, meas 4.
5-8		Repeat meas 1-4.

Shav El Admati — continued

IV. ENDING.

1-2 Repeat Fig 1, meas 1-2, but, instead of the final chug fwd, touch L fwd.

Presented by Erica Goldman

Lyrics

Kach aliti, artzah bati,
et haderech lo shachachti
shebah halachti ani vetamati
im tapeinu venasheinu
utz'rorot az beyadeinu,
mi al aton yir'kav
umi bishtei raglav.

Chorus:

Ani yode'a shezo haderech,
ani yad'ati (od) haderech arukah.

Ana Eli, ha'er na darki,
ozreni na ki shav ani,
shav el admati.
(x2)

Uvaleilot shel nedudeinu
Yerushalaim mul eineinu,
bachalomot ra'inu rak otah
ko yafah umekudeshet,
belibeinu merageshet
be'ahavah eleinu hi nik'sheret.

Chorus

Derech chol midbar avarnu,
lo nilenu lo ayafnu
ve'et naf'sheinu me'osher
lo yad'anu.
Sham ba'ofek mechakah hi,
lo od bechi mar vanehi

Chorus

So I ascended and came to the (Holy) Land,
I did not forget the path
that I took, me and my beloved
With our small children and our women
and bundles then in our hands,
who will ride on a donkey
and who on his own two feet.

Chorus:

I know that this is the path,
I knew the way is (still) long.

Please God, light up my way, please,
help me because I am coming back,
returning to my land.
(x2)

And during the night of our wandering,
Jerusalem in front of our eyes,
in our dreams we saw only it,
so beautiful and sacred,
exciting to our hearts
it's bound to us with love.

Chorus

We crossed the desert through sand,
we didn't get exhausted, we didn't grow weary
and our souls
did not know happiness.
There in the horizon it awaits,
no more sour weeping or lament

Chorus