

Wasbwoqlan haubvayn (wahtahayn), aykana daph hnan shbvoqan, l'hayyabayn.

The movements are to Saadi's melody from the Aramaic Prayer. Saadi has approved the movements.

The trick with this dance is to make sure that people do not hold their arms crossed over their chest with fists clenched for any length of time. It is intended that the releasing slowly and gradually begins to happen as soon as the clenching of fists and crossing of arms has taken place.

It's taken me a long while to write up the movements for this dance as it is easier to demonstrate than to explain things verbally. So it may well be refined further at some point.

Have partners stand back to back initially.

1. Wasbwoqlan
2. haubvayn (wahtahayn),
3. aykana daph hnan
4. shbvoqan, l'hayyabayn

1. Partners standing back to back with fists clenched and arms crossed over their own chest. This position is held only briefly. From this position people make an individual half turn clockwise which means they are then facing their partner. At they turn partners slowly begin to release their held fists.

2. By the time they are facing their partner the arms are slowly and gradually being uncrossed so that their arms are lowered down and slightly away from their sides palms facing their partner. It's a welcoming supportive gesture. There is a short silent space where people face each with this gesture.

3. With arms still in this lowered place people gently touch fingertips with their partner and begin a half turn clockwise together as they slowly and smoothly raise their hands for the course of this phrase so that the hands end up comfortably high above the shoulders.

4. Fingers release and partners bless each other in a sweeping gesture downwards.