

Ushavtem Mayim (AKA Mayim Mayim)

Folksong and simplified dance for children

(Original dance choreographed by Else I. Dublin to music composed by Emanuel Pugashov Amiran)

Hebrew Lyrics	Translation	Dance steps
<p><i>U'shav-tem ma-yim b'sa-son</i> <i>Mi-mai-nei ha-ye-shu-a</i> <i>U'shav-tem ma-yim b'sa-son</i> <i>Mi-mai-nei ha-ye-shu-a</i></p>	<p>Joyfully draw water From the wells of salvation</p>	<p>Holding hands, circle around to the LEFT for 16 counts (the whole first part of the song.)</p>
<p>Chorus: Ma-yim! Ma-yim! Ma-yim! Ma-yim! Hey! Ma-yim b'sa-son! Ma-yim! Ma-yim! Ma-yim! Ma-yim! Hey! Ma-yim b'sa-son!</p>	<p>Water! Hey, joyful water!</p>	<p>Take one step toward the center for each "Mayim!" (4) Clap on 5th beat. Walk backwards to circle, 3 steps</p> <p>Repeat: Step, step, step, step & clap! Back to circle.</p>
<p>Hey, hey, hey, hey! Ma-yim! Ma-yim! Ma-yim! Ma-yim! Ma-yim! Ma-yim b'sa-son! Ma-yim! Ma-yim! Ma-yim! Ma-yim! Ma-yim! Ma-yim b'sa-son!</p>	<p>Water! Joyful water!</p>	<p>Run 4 steps to LEFT with each "Hey!"</p> <p>Lopsided jumping jack: jump and open feet; jump and close feet (really only one leg opens and closes.) Repeat w/ clap on close: open, close/clap Open, close/clap Open, close/clap, open, close/clap</p>
		<p>Joyfully repeat!</p>