

VESHOMRU (Yiddish word)

Music from CD The Zmiros Project - developed with staff and students of a Center for Jewish Student Life in New York University. 'Zmiros' custom is singing texts during and after Sabbath meals.

Translation - Keep the Sabbath (iTunes)

Choreo: Miggy Scott Start with singing

A)  $\rightarrow \rightarrow \leftarrow \rightarrow \rightarrow \leftarrow \rightarrow \leftarrow \rightarrow$   $\rightarrow \leftarrow \rightarrow$   $\rightarrow \leftarrow \rightarrow$

R	L	R	L	R	L	R	L	R	L
<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>
f	f	bcl	f	f	bcl	f	sw	sw	bcl
		yemenite							f
hold							W hold		V hold

$\leftarrow \rightarrow$   
L R  
         
 sw sw  
 W hold

$\rightarrow \leftarrow \rightarrow$   
L R L  
             
 bcl f  
 yem  
 V hold

repeat A)

B) Unjoined  $\uparrow$   $\downarrow$   $\downarrow$   $\downarrow$   $\downarrow$

R	L	R	L	R	L	R	L
<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>
f	f	f	f	b	b	b	b

arms low    raise arms 'loop-the-loop'    arms high making upward gestures    lower arms to centre + down

C) Unjoined  $\leftarrow \rightarrow$   $\rightarrow$   $\rightarrow$  Mirror to left

R	L	R	L	R	L
<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>
sw	sw	e	e	e	e

Swing arms    travelling burn

D)  $\leftarrow \rightarrow$   $\leftarrow \rightarrow$  Repeat D)

R	L	R	L	R	L	R	L	R	L
<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>	<u>   </u>
sw	sw	sw	sw	x	f	x	b	x	f

hold    synopated grapevine

