

April Holiday dance classes

Theme "The righteous cry out, and the Lord hears, and delivers them out of all their troubles." Ps 34:17

| <u>WHAT</u> | <u>WHEN</u> | <u>WHO</u> | <u>More Information</u> |
|---|--|--|---|
| Holiday dance practices(For selected Teams) | 4/6/19 12:45 pm | Carol O./ Andi L. /Cecily K. | Two Passover dances and the First Fruits Dance |
| Holiday dance practices(For selected Teams) | 4/13/19 12:45 pm | Carol O./ Andi L./ Shireen K./ Cecily K. | Two Passover dances and the First Fruits Dance |
| Optional Holiday Practice | 4/13/19 - 15 min after 2 nd service | Carol O./dance leaders | Passover and First Fruits dances - review |
| Passover Team dress rehearsal | 4/19/19 @ 4:30 pm | Carol O./ dance leaders | Final practice for the first Passover team |
| Passover Team dress rehearsal | 4/20/19 @ 12:30 pm | Carol O./ dance leaders | Final practice for the second Passover team |
| Advanced | 4/27/19 12:45 pm | Cecily K. | "YOU" [Lamb] for 22 nd anniversary Presentation both services May 19 |

Strengthening exercises: Hip strengthening and stabilizing - sideways steps

Intermediate: A dance level that assumes basic knowledge of dance steps (Yemenites, Miserlus, etc) and basic sequences and contains minimal direction changes, It usually requires some practice outside of class.

Advanced: A dance level that requires teaching, a wide knowledge of different dance sequences, a variety of direction changes and practice outside of class along with further reviews.

Please see Carol Olsen if you have any questions or you may contact her via the contact form on the Rehoboth Messianic Website

"Let them praise His name with dancing..." Psalm 149:3

April, May, June Erev Shabbat Dance Classes

| <u>WHAT</u> | <u>WHEN</u> | <u>WHO</u> | <u>More Information</u> |
|-------------|-----------------------|------------|-------------------------|
| NO CLASS | Fridays in April 2019 | | NO CLASS |
| NO CLASS | Fridays in May 2019 | | NO CLASS |
| NO CLASS | Fridays in June 2019 | | NO CLASS |

Beginner: A dance level that can be picked up after 15 to 30 minutes and may only require a few minutes of practice outside of class time.

Intermediate: A dance level that assumes basic knowledge of dance steps (Yemenites, Miserlus, etc) and basic sequences and contains minimal direction changes, It usually requires some practice outside of class.

Advanced: A dance level that requires teaching, a wide knowledge of different dance sequences, a variety of direction changes and practice outside of class along with further reviews.

Service: These are dances typically done in a worship service at Rehoboth. They can be at all levels.

Please see Carol Olsen, Dance Shammash, if you have any questions or you may contact her via the contact form on the Rehoboth Messianic Website