

# January Shabbat dance classes

Theme: "As for God, His way is perfect; the word of the Lord is proven; He is a shield to all who trust in Him." Psalm 18:30 NKJV

<u>WHAT</u>	<u>WHEN</u>	<u>WHO</u>	<u>More Information</u>
Beginner & Intermediate Dances	1/6/18 12:45 pm	Carol O.	Od Yeeshama (A Song Shall be Heard)
Dance Fellowship	1/6/18 4:15 pm to 6:00 pm	Andi L.	Open Dance, all dance levels
Intermediate/ Advanced	1/13/18 - 12:45 pm	Andi L.	Gadol Elohi (How Great is our G-d) [Joshua Aaron]
Intermediate Service dance	1/20/18 - 12:45 pm	Cecily K.	Trees of the Field
Intermediate Service dance	1/27/18 - 12:45 pm	Andi L.	Yeshua Ha Maschiach (Jesus Christ is the Messiah)

Strengthening exercises: Hip strengthening and stabilizing - sideways steps

**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 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**

# January Erev Shabbat Dance Classes

Theme: "ADONAI's blessing on you! We bless you in the name of ADONAI!" Psalm 129:8 b,c

<u>WHAT</u>	<u>WHEN</u>	<u>WHO</u>	<u>More Information</u>
Interchangeable dance steps	Friday jan 5 6:00 pm	Carol O.	Teacher's pick
NO CLASS	Friday jan 12		NO CLASS
NO CLASS	Friday jan 19		NO CLASS
Interchangeable dance steps	Friday jan 27 6:00 pm	Lee F.	Teacher's pick

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**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*

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