

# March Shabbat 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>
Beginner/ Intermediate/ Advanced	3/3/18 12:45 pm	Carol O./Andi L./ Cecily K.	Passover and First Fruits dances
Beginner/ Intermediate/ Advanced - Pick Teams	3/10/18 - 12:45 pm	Carol O./Andi L.	Passover and First Fruits dances
Optional Holiday Practice	3/10/18 - 15 min after 2 <sup>nd</sup> service	Carol O./dance leaders	Passover and First Fruits dances - review
Beginner/ Intermediate/ Advanced	3/17/187 - 12:45 pm	Andi L./ Cecily K	Passover and First Fruits dances
Optional Holiday Practice	2/17/18 - 15 min after 2 <sup>nd</sup> service	Carol O./dance leaders	Passover and First Fruits dances - review
Beginner/ Intermediate/ Advanced	3/24/18 12:45 pm	Carol O./Andi L./ Cecily K.	Passover and First Fruits dances

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.

*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**

# March Erev Shabbat Dance Classes

Theme: "Victory comes from ADONAI; may Your blessing rest on Your people."  
 (Selah) Tehillim (Psa) 3:9(8)

<u>WHAT</u>	<u>WHEN</u>	<u>WHO</u>	<u>More Information</u>
Interchangeable dance steps/Spring Holiday practice Optional Practice	Friday Mar 2, 2018 6:00 pm	Lee F./Carol O.	Teacher's pick/Spring Holiday dances
NO CLASS	Friday Mar 9		NO CLASS
NO CLASS	Friday Mar 16		NO CLASS
Spring Holiday Optional Practice	Friday Mar 23 6:00 pm	Carol O..	Spring Holiday dances
NO CLASS	Friday Mar 30	Carol O.	Passover Dances - extra practice

**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*

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