

# May Shabbat dance classes

Theme " Then the One sitting on the throne said, "Look! I am making everything new!" Also he said, "Write, 'These words are true and trustworthy!'" Rev 21:5

<u>WHAT</u>	<u>WHEN</u>	<u>WHO</u>	<u>More Information</u>
Intermediate/ Advanced	5/5/18 12:45 pm	Carol O. and leaders.	Practice for Camp Tillicum presentation/ time permitting practice of pastor appreciation dance
Optional Shavuot Practice	5/5/18 - 4:15 pm or 5pm	Carol O./dance leaders	Shavuot dance blocking
Intermediate/ Advanced - Pick Teams	5/12/18 - 12:45 pm	Carol O./Andi L./ Cecily K.	Shavuot and Pastor Appreciation dance presentations
Optional Shavuot Practice	5/12/18 - 4:15 or 5pm	Carol O./dance leaders	Shavuot dance blocking
Pastor Appreciation Team	5/19/18 - 9:15 am	Carol O.	Final practice for first service team
Pastor Appreciation Team/Shavuot Team	5/19/18 - 12:45 pm	Carol O.	Final practice for 2 <sup>nd</sup> service team and practice for Shavuot team
Shavuot Team	5/20/18 - Sunday 7:45 am	Carol O. / Andi L./ Cecily K.	Final practice for Shavuot team
Intermediate/ Advanced	5/26/18 12:45 pm	Carol O./Dance leaders	Open Dance?

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**

# May Erev Shabbat Dance Classes

Theme: "The heavens declare the glory of God, the dome of the sky speaks the work of his hands. Psalm 19:1 CJB

<u>WHAT</u>	<u>WHEN</u>	<u>WHO</u>	<u>More Information</u>
Spring Holiday Optional Practice/ Bat Mitzvah team Practice	Friday May 4, 2018 6:00 pm	Carol O.	Preparing for two of the three May presentations
NO CLASS	Friday May 11		NO CLASS
NO CLASS	Friday May 18		NO CLASS
Teacher's Pick	Friday May 25 6:00 pm	Lee	Interchangeable dance; if no beginners open dance for Advanced dancers

**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**