

Translation:
Ruth Goodman
Instructions
notated by
Honey Goldfein

The song
touched my
heart - the
music and
performance -
all by Benaia
Barabi.

Dance of the Month

Keren Shemesh – Sunbeam



Dudu Barzilay

Dudu Barzilay was born in 1974. He has been instructing and choreographing Israeli folk dances for over 30 years.

His father, **Mishael Barzilay** z"l, was one of the founders of Israeli folk dance in Israel. Dudu emphasizes that thanks to his father, and with his help, he got into this amazing profession that he loves so very much!

He is married to **Odelia** and is the father of three children, **Maayan, Maor, and Agam**, who also love to dance.

He leads sessions at Beit Dani in Tel Aviv, in Shoham and in Ashdod.

Dudu's dances can be viewed on the "Rokdim" website here: <https://bit.ly/3laeOY1>

Dudu tells us about his dance:

I requested the song from my friend, **Sharon Elkaslassy**, after a dance for the song had been registered in his name with Irgun Hamarkidim - the Dance Leaders Organization. Sharon responded positively, enabling me to choreograph my dance to the song, and for that, I thank him.

The song touched my heart - the music and performance - all by **Benaia Barabi**.

I wanted to choreograph a dance that everyone would dance with love and without having to think about the steps so that it would be a simple and flowing dance!

I am happy to see the dance on all the dance floors in Israel and around the world. Thank you to everyone. 🙏

The dance can be viewed here: <https://bit.ly/3EjhLUW>

Dance notation:

Meter: 4/4

Formation: Circle

Part I: Face CCW

1-2 Two steps fwd on the line of the circle: R,L.

3&4 Step-tog-step: R fwd, close with L, step R fwd.

5-6 Step L fwd and pivot on L to left to face CW (1/2 turn left), step R bwd.

7&8 Quick Yem. L bwd.

9-10 Leap fwd onto R to rt. step L across R.

11&12 Quick Yem. R bwd.

13-14 Turn to left with two steps: Begin with a small leap onto L to face out of center, step R across L pivoting ½ turn left to face center.

15&16 Quick Yem. L bwd.

17&18 Moving toward center: RLR fwd leading with rt. shoulder while raising rt. arm.

19-20 Step L toward center and pivot ½ turn to rt. to face out of center, step fwd on R.

I am happy to see the dance on all the dance floors in Israel and around the world. Thank you to everyone.



- 21-24 With back to center, repeat counts 17-20 with opposite footwork and arm moving out of circle center to end facing center.
- 25&26 Moving sideward: R-tog-R to rt. side.
- 27&28 Step L behind R, R to rt. L across R.
- 29-32 Sway R-L; full turn to rt. on the line of the circle with R,L.
- 33-48 Repeat counts 1-16.
- 49-52 Move fwd toward center: R-tog-R, L-tog-L extending right and left arms respectively and using hands in a greeting gesture.
- 53-56 Step R fwd, back on L, step R bwd, touch L heel fwd while raising arms with elbows bent.
- 57&58 LRL fwd toward center.
- 59-60 Step R fwd, step back on L and face CCW.
- 61-64 R to rt. toward outside of circle, step L across R, turn to rt. with R,L to end facing center.

Part li: Face Center

- 1-2& With feet apart, "sit" [bend both knees]; hop twice on R.
- 3&4 Step L behind, R to rt. side, step L across R.
- 5-6 Full turn to rt. on line of circle with R,L.

- 7&8 R-tog-R moving to rt. on line of circle and end facing CCW.
- 9-10 Step L fwd, back on R and face center.
- 11-12 Step L to left to face CW, step back on R.
- 13&14 Step L behind R, R to rt., L across R and face center.
- 15-16 1&1/4 turn to rt. on line of circle with R,L to end facing CCW.
- 17-18 Step R fwd, point L toes fwd.
- 19&20 Quick Yem. L bwd and face center.
- 21-24 Repeat counts 17-20 while facing center.
- 25-28 Four step turn circling left: R,L,R,L.
- 29-56 Repeat Part II counts 1-28.
- Repeat Dance

Ending: Step R fwd raising arms, hold. 



Keren Shemesh

Lyrics: **Benaia Barabi** and
Avi Ochayon

Music: **Benaia Barabi,**
Avi Ochayon, Matan Dror



Al telchi, keren shemesh
Lo nigmar lanu hayom
Lama at mistateret?
Ananim bechol makom
Al tivki, kmo hageshem
Lo chaval al hadma'ot
Yad chama, mevakeshet
Lechabek otach sha'ot

Pizmon (Chorus):

Asim shirim she'at ohevet
Eten lach yom le'heraga
Ani nignav she'at tzocheket
Kacha elai
Tagidi ma at mevakeshet
Shelo yihyeh li shum terutz
Kshe'ein milim at mitrageshet
Kacha elai

Techaiyichi, ze yafe lach
Ze ose li et hayom
Im pit'om at nirdemet
Techaiyichi gam bachalom
Metosim bashamayim
Anashim al rakavot
Al tivki, keren shemesh
Ze hazman shelach lichyot

Pizmon (Chorus)...

Al tivki, keren shemesh
Kchi lach bayit acharon
Eich tamid, at omeret
Nipagesh im or rishon

Pizmon (Chorus)...

Don't leave, sunbeam
Our day has not yet ended
Why are you, hiding?
Clouds are everywhere
Don't cry, like the rain
No need for tears
A warm hand asks
To embrace you for hours

Chorus:

I'll put on songs that you love
I'll give you a day to relax
I'm captivated when you laugh
That's how it is to me
Tell me what you want
So that I won't have any excuse
When there aren't any words you get
emotional
That's how it is to me

Smile, it looks beautiful on you
It makes my day
If suddenly you fall asleep
Smile also when you dream
Airplanes in the skies
People on trains
Don't cry, sunbeam
This is your time to live

Chorus...

Don't cry, sunbeam
Take the last verse for yourself
As you always say
We'll meet at first light

Chorus...