



## Shuvah Bemachol (Return in Dancing) Messianic Dance Troupe Rules and Guidelines

Messianic dance includes Jewish folk dance steps set to traditional contemporary worship music. The purpose is to worship God as David did. Psalm 149:3 says "Let them praise His Name with dancing" and Psalm 150:4 says "Praise Him with timbrel and dancing".

### MISSION

- To glorify, praise and worship the God of Abraham, Isaac and Jacob with dance presentations that are acceptable to Him.
- To utilize dance presentation as a form of outreach and education tool within the Body of Messiah and to non-believers.

### REQUIREMENTS

- **All dancers must attend Shuvah Yisrael. Shuvah Yisrael is their home congregation.**
- AGE: Youth Troupe: dancers must be in the junior high or high school groups at Shuvah Yisrael. After a student has graduated from Shabbat School, they are eligible to join the Youth Dance Troupe.
- Adult Troupe: dancers are added to the Adult Troupe at the discretion of the Dance Director. All adult dancers must be members at Shuvah Yisrael, gone through the membership classes and met with Rabbi Larry Feldman to be eligible.

### DANCE TROUPE PRACTICE

- Dance Troupe meets every Monday (unless told otherwise by the Dance Director) in the Family Life Center at Shuvah Yisrael, 5000 Barranca Pkwy, Irvine, CA.
  - Youth Troupe: 6:00PM – 7:30PM
  - Adult Troupe: 7:30PM – 9:00PM
  - Practices are closed: To avoid unnecessary distraction, we do not allow an audience for dance Troupe practice. If you are not on the youth or adult dance troupes, then you will not be allowed to watch the dance practice. (this includes parents, siblings, friends etc. of a dancer on the troupe). Practices before a presentation are mandatory.
- Attire & Appearance
  - Practice:
    - Dancers must wear clothes that they can move in; workout clothes are required included supportive undergarments such as sports bras. No jeans, no jean shorts, no jean skirts; no short tops (dancers must be able to raise their arms over their head without showing any midriff); Dance shoes are encouraged (black only).
    - Dancers are expected to dress modestly and appropriately. Shirts/tops/blouses/sweaters that are "low-cut", "see through" are not acceptable.
    - Good hygiene is also important to diminish distraction. We dance and we will sweat therefore deodorant is important.
  - Presentations:
    - For dance presentations your attire will be provided. However, ladies need to have a white and a black tank top to wear under dance costumes. Men need black slacks and a white undershirt.

### RESPONSIBILITY, CONDUCT & MINISTRY

- As a member of Shuvah Bemachol's Messianic Dance Troupe you have responsibilities and therefore need to conduct yourself accordingly. Our ministry is designed to usher in a spirit of worship before and during service. Our outreach is through dance and how we behave and dress is a reflection. You are encouraged to participate in the worship portion of Shabbat service. Your conduct inside and outside of Shuvah is a reflection of your congregation and your own beliefs.

Thank you!

Dance Director, Shuvah Yisrael  
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