



## Dance Etiquette - Required Reading

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".

### Age and Experience

All ages are welcome to dance in worship at Shuvah Yisrael; however, there are conditions that will be enforced to ensure the safety of everyone. Dancers are expected to know the steps of the dance they are dancing. The reasons are twofold 1) safety and 2) so that people can praise and worship (both dancers and non-dancers alike) without distraction. Since we dance in a circle close together the affinity for injury is greatly increased and people can and have gotten hurt. Also, we are there dancing to worship the L-rd and offer praise to Him. Our dances follow pre-choreographed steps and dancers should know the steps if they choose to participate. The circle during worship is not the place or time to learn a dance that is new or unfamiliar to the dancer. Shuvah offers a dance workshop on Shabbat immediately following services where instructors teach the dances and break them down for easy understanding. In addition to the dance workshop, we have a 'quick review" of the dances in the morning before service to anyone who would like to come early.

### Appearance and Attire

Dancers who plan on dancing during service must consider their appearance and attire carefully. Ladies are expected to dress modestly and appropriately. Skirt length is required to be at knee or longer, short skirts/shorts are not acceptable. Shirts/tops/blouses/sweaters that are "low-cut", "see through" or where a ladies' brassiere or strap(s) show are not acceptable. Good hygiene is also important to diminish distraction. We do not want to be a distraction for the men or each other in our congregation and therefore people dressed inappropriately will be asked to leave the circle.

### Inner Circle

Due to the smaller dance space, at times there will be a need to have 2 circles of dance worship. The dance leader will determine when an inner circle is warranted and will choose the dancers that will participate. To avoid injury and confusion, dancers are not to automatically "jump in" the inner circle unless requested by the dance leader.

### Summary

Dancing at Shuvah should always be an outward expression of praise and worship to the Lord. Therefore dancers are expected to know or learn the dances prior to service and dress appropriately. Dancers will be asked to leave the circle to prevent injury or distraction from occurring at the discretion of the dance leader. We encourage participation and hope that everyone that has a heart to dance before the Lord will remember to keep a spirit of worship.

Thank you in advance for your cooperation and understanding with regard to the above. Please email the office with questions.

Thank you!

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