

# Lechu Neranena (לכו נרננה)

(Israel)



The song speaks of many of the traditions of a Yemenite Shabbat (sabbath), but rather than being religious, the focus is on warm memories of family.

Arranged by: Shmulik Gov-Ari      Year: 1983  
Pronunciation: leh-HOO neh-rah-neh-NAH      Translation: Go Rejoice  
H as in Johan S. Bach      Lyricist and  
Composer: Boaz Sharabi  
Music: 4/4 meter      Singer: Yoel Sharabi, Moshe Hillel  
Formation: Circle, hands in V position  
Steps & Styling: Yemenite, staccato and syncopated steps

Meas      4/4 meter

Pattern

8 meas      INTRODUCTION. No action. Dance begins with the singing.

I.      FIGURE 1: Pivot turns

*Right foot free, facing center, holding hands in V.*

1      Grapevine: open R to R (1), L in front (2), R behind (3), L to side.

2      Hop on L moving slightly to the R (1), step on R to the R (&), step L behind (2).  
Repeat cts. 1-2 (3, &, 4).

3      Yemenite R: sway R (1), sway L (&), R cross in front (2). Yemenite L (3, &, 4). Lift  
the arms into W position.

4      Full turn over the L: step fwd on R (1), using the R foot to push, pivot on the L while  
slightly bending the knees to face outside (2), step fwd on R (3), using R to push,  
pivot on the L while slightly bending the knees to face in (4). Let go of hands, on cts.  
2 and 4, roll the hands in a semi-circle from down to up.

5-7      Repeat meas. 1-3

8      Step R to R side slightly dipping the R shoulder and moving both hands, palms up,  
from L to R (1), step L next to R (2). Repeat cts. 1-2 (3, 4).

II.      FIGURE 2: Syncopated Rona

*Facing center, hands rejoined in v position.*

1      Syncopated Rona step: R steps to the side (1), L steps next to R (&), R steps to the  
side (2), L crosses behind R (3), R steps to side (4), L crosses in front (&).

*Rona steps are typically done in the rhythm ♪ ♪♪ ♪ ♪♪ but here, it's ♪ ♪♪♪ ♪ ♪*

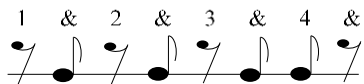
2      Repeat meas. 1.

3      Step R forward and rock (1), rock in place on L (2), rock on R (3), rock on L (4).

- 4 Strong step onto R (1), L moves fwd and touches the L heel (2), L steps back (3).  
Quick: R to R side (4), L crosses in front. ♪♪♪♪

### III. FIGURE 3: Chorus

- 1 Jump slightly forward onto both R and L, bending the knees (1). Jumping back, hop twice on R (2, &). Step back on L (3). Quick: R to R side (4), L cross in front (&).  
2 Sway with a slight twist R (1) and L (2). Touch R heel forward (3) and then fully step on it (&). Step L fwd next to R (4).  
3 Step R to R, rotating the foot 45° to the R (1), step L next to R while crossing arms at the wrist and snap (2). Repeat cts. 1-2 to the L.  
4 Four step turn over R shoulder: R (1), L (2), R (3), L (4). Make a wide arc so that you return to spot you started Fig. III. Snap 4 times on each of the steps.

Many people like to add claps ( ♪ ) on the offbeat: 

#### Sequence.

Three times through: I, II, II, III, III

The recording ends with the first 6 counts of I.

Presented by Aaron Alpert

Be'erev hashabat eshev ve'ezkera  
Neimot shenogot li lalev  
Shulchan ve'nerot aruchim be'ora  
Ve'aba mevarech bekol arev  
Vei'ma im mitpachat lashulchan magisha  
Mata'amim u'mabat ohev  
Achai vachyotai potzchim be'shira  
Ve'aba bafsukim dovev

בערב השבת אשב ואזכרה  
נעימות שנוגעות לי ללב  
שולחן ונרות ערוכים באורה  
ואבא מברך בקול ערב  
ואימא עם מטפחת לשולחן מגישה  
מטעמים ומבט אוהב  
אחי ואחיותי פוצחים בשירה  
ואבא בפסוקים דובב

Friday night I will sit and remember  
melodies that touch my heart  
table and candles full of light  
and dad blesses in a beautiful voice  
and mom places a tablecloth and serves  
tasty food with loving looks  
My brothers and sisters start singing  
and dad speaks the prayers.

#### *Chorus*

Lechu neranena vegam dror yikra  
Tzur mishelo achalnu vesar hamemuna

פזמון  
לכו נרננה וגם דרור יקרא  
צור משלו אכלנו ושר הממונה

#### *Chorus*

Let's go and rejoice and sing the songs of the prayers.  
From the rock of His redemption, we ate fully.

Im shachar nakuma yachdav lehitpalel  
Ushliach hatzibur kore birkat gomel  
Kol hayladim beyachad bemakhela gdola  
Vegam hataf oneh lahem behilula  
Shomim et hamaftir vegam hametargem  
Va'anochi bekol tamid oneh lahem

עם שחר נקומה יחדיו להתפלל  
ושליח הציבור קורא ברכת גומל  
כל הילדים ביחד במקהלה גדולה  
וגם הטף עונה להם בהילולה  
שומעים את המפטיר וגם המתרגם  
ואנוכי בקול תמיד עונה להם

At dawn, we will wake up together to pray  
The cantor reads the *gomel* blessing\*  
All the children in a big choir  
And the children answer him in celebration  
We listen to the *maftir*\* and the sermon  
And I always answer aloud.

Chozrim mibeit hakneset  
Aba vehayladim  
Omdim bator bapetach  
Et ima lehashkim  
Veaz el hashulchan nesheva mesubim  
Veima magisha et haJachnun vehabetzim  
Veaba yevarech im tzet hashabat  
Laner velivsamim nafshi meiyachela

חוזרים מבית הכנסת  
אבא והילדים  
עומדים בתור בפתח  
את אימא להשכים  
ואז אל השולחן נשבה מסובים  
ואימא מגישה את הג'חנן והביצים  
ואבא יברך עם צאת השבת  
לנר ולבשמים נפשי מיחלה

We come back from the synagogue,  
father and the children,  
and we stand at the door  
to wake up mom  
Then we'll sit at the table  
and mom serves the *jachnun*\* and eggs  
And when the Sabbath ends, father will bless  
the candle and the spices, with yearning in my soul.

\* The *gomel* blessing is a prayer of gratitude, often recited after recovery from illness or completing a dangerous journey.

\*The *maftir* is final section of the weekly Torah reading.

\**Jachnun* is a traditional Yemenite bread served with eggs, grated tomatoes, and spicy *schug* sauce.