**Ballada Le’Mayaan (בלדה למעיין)**

(Israel)

The song is allegorical. It tells of a river that wishes to be great and powerful – and its wish is granted. It becomes part of the sea. However, in doing so, it loses its essence, no longer able to nourish its friends in the forest. As for the dance, Shlomo Maman’s style was transformative, bringing large arm movements to Israeli dance, and this dance showcases one of the early examples of that.

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| Arranged by: | Shlomo Maman | Year: | 1983 | |
| Pronunciation: | bah-LAH-dah lay-may-AHN | Translation: | Four Seasons | |
| Music: | 4/4 meter | Composer:  Lyricist:  Singer: | | Moshe Wilensky  Yechiel Mohar  Efrat Vile-Amit (covered by many others) |
| Formation: | Circle, hands held | | | |
| Steps & Styling: | Slow, sweeping gestures, graceful | | | |

Meas 4/4 meter Pattern

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| 4 meas |  | INTRODUCTION. *No action.* |
|  | I. | FIGURE 1: ON THE LINE |
|  |  | *Holding hands, moving on the CCW line.* |
| 1 |  | Rock fwd on R on the line (1), rock in place on L (2), rock on R (3). Touch L fwd (4). |
| 2 |  | Repeat meas. 1, opp ftwk. |
| 3 |  | Step fwd on the line, R foot, making a slight turn to face out (1), touch L toes next to R (2). Step fwd on the line, L foot, making a slight turn to face in (3), touch R toes next to L (4). As you face out, let go of arms, and rejoin them on ct 2. Similarly, let go and rejoin arms on ct. 4. |
| 4 |  | Full turn over R, moving on the CCW line: R (1), L (2). Sway R (3), sway L (4) |
| 5 |  | Repeat meas. 4. |
| 6 |  | Grapevine: open R (1), L cross in front (2), open R (3), L cross behind (4). |
|  | II. | FIGURE 2: INTO THE CENTER |
| 1 |  | Facing at a diagonal, slightly R of center, step fwd and rock on R (1), rock on L (2), rock on R (3), brush L, making a large arc to face diagonal L (4). |
| 2 |  | Facing at a diagonal, slightly L of center, repeat meas. 1 with opp ftwk. |
| 3 |  | Facing directly center, step on R to R side and sway on it (1), sway back on L (2). Large step fwd with R and rock on it (3), rock in place on L (4). Keep hands joined, but on ct. 3, lift them high above head, and back down on ct. 4. |
| 4 |  | Step back on R (1), drag L on floor next to R (2), repeat (3, 4). |
|  |  | Sequence. I, I, II, II. Finish dance with meas. 1 of fig. I. |

Presented by Aaron Alpert

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| Nashir lachem nigun yashan  Nigun yashan al ma'ayan  Al ma'ayan shovav  Meimav hayu tzlulim tzlulim  Galav hayu kchulim kchulim  Me'al lechof zahav  Haya notzetz ba'avivim  Haya noshek ibey ibim  Chotz sedot dagan  Haya marve noded ayef  Vela'ilan hamitkofef  Et chiyuto natan  Pizmon:  Aval me'omek nishmato hamo hama  Ve'ergato shafach lesahar vechama  Nishaf lane'elam velachalom nichma  Velo yada el ma el ma  Ach yom echad rotet me'od  Bikesh me'el haneharot  Aseni na gadol  Rotze ani eshed lihyot  Rotze ani lizrom ligot  Befele hamachol  Sho'ef ani harchek lindod  Be'oz lehania tachanot  Laset gishrey zahav  Sho'ef ani lihyot amok  Ad cheker en ve'ad en sof  Im oniyot al gav  Shama ha'el lama'ayan  Vechol mevukasho natan  Vayolicho layam  Hayam baketzef halavan  Bala et shir hama'ayan  Vegoralo nechtam  Hayam gadol mabua kat  Mitko nimlach shiro avad  Lo od yarve noded  Verak dayag echad katan  Shama et bchi hama'ayn  Asher bikesh latzet | נשיר לכם ניגון ישן  ניגון ישן על מעיין  על מעיין שובב  מימיו היו צלולים צלולים  גליו היו כחולים כחולים  מעל לחול זהב  היה נוצץ באביבים  היה נושק אבי אבים  חוצה שדות דגן  היה מרווה נודד עייף  ולאילן המתכופף  את חיותו נתן  פזמון  אבל בעומק נשמתו המה המה  וערגתו שפך לסהר וחמה  ישאף לנעלם ולחלום יכמה  ולא ידע אל מה אל מה  אך יום אחד רוטט מאוד  ביקש מאל הנהרות  עשני נא גדול  רוצה אני אשד להיות  רוצה אני לזרום לגאות  בפרא המחול  שואף אני הרחק לנדוד  בעוז לניע טחנות  לשאת גשרי זהב  שואף אני להיות עמוק  עד חקר אין ועד בלי חוק  עם אניות על גב  שמע האל למעיין  וכל מבוקשו נתן  ויוליכו לים  הים בקצף הלבן  בלע את שיר המעין  וגורלו נחתם  הים גדול מבוע קט  מתקו נמלח שירו אבד  לא עוד ירווה נודד  ורק דייג אחד קטן  שמע את בכי המעין  אשר ביקש לצאת | We will sing to you an old song  An old song about a spring  About a naughty spring  With very clear water  With very blue waves  Above golden sand  It sparkled in the springtime  It kissed new beginnings  Crossing grain fields  Filling the thirst of a tired wanderer  And gave its livelihood  To a bent tree  Chorus:  But from the bottom of its soul it cried  And poured it's longing to the sun and the moon  Striving to the unknown and longed to the dream  But did not know what exactly it wants  One day - trembling  It asked from the God of the rivers  Make me big  I want to be a waterfall  I want to run  Like the wonder of dancing  I would like to wander far  To move mills strongly  To carry golden bridges  I want to be deep  To research every thing  With ships on my back  God heard the sprint  And he granted its wishes  Took him along to sea  The sea with its white foam  Swallowed the spring's song  And its destiny was signed  The sea is big a small fountain  Its sweetness filled with salt  Its song was lost  It will not satisfy the thirst of the wanderer  And only one small fisherman  Heard the spring's cry |

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