**DANCE THERAPY GROUP**

DANCE THERAPY is a social group of Shoalhaven residents, from many different backgrounds, ages, genders, etc.; who meet Monday evenings to dance together.

Our members teach each other dance styles from their cultural backgrounds, or that somehow make a special connection to them.

The objective of the group is to socialise, dance together, exercise and have lots of fun.

We've been doing this for more than 6 years already; and we have learned more than 40 dance choreographies, from traditional to modern, from circle dancing to jazz, and from every continent except Antarctica (well, not yet!).

We will do three (3) dances for you tonight:

1. CINE ARE NOROC ARE (Romanian/Roma)
2. DABKEH (Palestinian)
3. DANCING ON WATER (Jewish)

**CINE ARE NOROC ARE (Romanian/Roma)**

(translates to “who has the luck”) released in 2001

Composer: Nicolae Guţă, Romanian manele singer/accordionist, from Petroșani (Transylvania)

Performed by: Formația Nicolae Guță (translates to Nicolae Guta Band)

Genre: Manele is a genre of pop folk music from Romania. This song is described as Modern Manele, includes a mixture of Turkish, Greek, Arabic, Bulgarian and Serbian elements, and uses modern (electronic) instruments and beats.

Lyrics

|  |  |
| --- | --- |
| **(Romanian)**  Cine are noroc are Pune piatra si rasare  Cine are noroc are Pune piatra si rasare  M-am nascut sa am noroc  Si multi bani ca sa intorc  M-am nascut sa am noroc  Si multi bani ca sa intorc  Dintr-un milion fac 4  Fiindca unu e baiatu  Si din 4 io fac zece Si nimenea nu ma-ntrece  De mic am fost norocos  Si v-am fost sefu la toti  De mic am fost norocos  Si v-am fost sefu la toti  Dintr-un milion fac 4  Fiindca unu e baiatu Si din 4 io fac zece Si nimenea nu ma-ntrece  Cine are noroc are Pune piatra si rasare  Cine are noroc are Pune piatra si rasare  M-am nascut sa am noroc  Si multi bani ca sa intorc  M-am nascut sa am noroc  lsi multi bani ca sa intorc  Dintr-un milion fac 4  Fiindca unu e baiatu Si din 4 io fac zece Si nimenea nu ma-ntrece | **(English)**  who has the luck  put stone and prosper  who has the luck  put stone and prosper  I was born to be lucky  and money to return  I was born to be lucky  and money to return  from 1 million I make it 4  because I am the best boy  with 4 I make it 10  nobody can’t be better than me  Since I was little I have been lucky  and I was the boss  Since I was little I have been lucky  and I was the boss  from 1 million I make it 4  because I am the best boy  with4Imakeit10  nobody can’t be better than me  who has the luck  put stone and prosper  who has the luck  put stone and prosper  I was born to be lucky  and money to return  I was born to be lucky  and money to return  from 1 million I make it 4  because I am the best boy  with 4 I make it 10  nobody can’t be better than me |

**DABKEH (Palestinian) instrumental song**

Composer: Yaron Pype, a French composer from Paris

Performed by: Yaron Pype

Genre: Dabkeh is a traditional Levantine folk dance, particularly popular in Palestinian, Lebanese, Jordanian, and Syrian communities, often performed at weddings and celebrations, and has also become a symbol of Palestinian cultural identity and resistance.

Dabkeh, derived from the Arabic word "dabaka" meaning "stamping of the feet," has roots in ancient Canaanite fertility rituals and has evolved into a vibrant expression of Palestinian culture and resilience.

The more popularly recognized origin of the dance is derived from traditional house-building in the Levant where houses were structured with stone and made with a roof consisting of wood, straw and dirt (mud). In order to have a stable roof, the dirt had to be compacted. To achieve this aim, it is said that family and neighbours would come together and perform what is now recognized as the dabkeh in order to make the roof work fun. The rhythmic patterns were a joyful way to keep things in sync and effective.

According to historical folklore, changing weather would create cracks in the mud and thus reduce the integrity of the roof. The inhabitants would yell, “Al-Awneh,” which essentially translates to “let’s go help.” Then, the communal dance would begin. Over time, the dance has evolved to strengthen neighbourly bonds, signify aspirations, celebrate family and community, and as a way of expressing perseverance through struggle.

**DANING ON WATER (Jewish) an instrumental song released in 2000**

Composer: Myron Schultz (clarinet) composer from the Winnipeg Symphony Orchestra.

Performed by: Finjan, founded by Myron Schultz, is a klezmer band from Winnipeg, Canada. Described as "Canada's first klezmer band". The band was formed in 1982, during a wave of "klezmer revival".

Genre: Klezmer (Folk) is an instrumental musical tradition of the Ashkenazi Jews of Central and Eastern Europe. The essential elements of the tradition include dance tunes, ritual melodies, and virtuosic improvisations played for listening; these would have been played at weddings and other social functions.