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