

Sufi Concentrations
James Burgess

Baruch Ata

Words: Traditional Music: Nasrudin

Capo 3 AmE7 Am E7 G Am G

Bar uch A ta Bar uch A ta Bar uch A ta Ad o nai Ad o nai Ad o nai

Am Dm Am Dm Am

Ad o nai El o hai nu mel ech ha ol am El o hai nu mel ech ha ol am

G Am G C E7 Am

El o hai nu mel ech ha o lam El o hai nu mel ech ha o lam

1. *Baruch Ata* (Blessed art Thou)
2. *Baruch Ata* (Lord our God)
3. *Baruch Ata Adonai Adonai Adonai*
4. *Adonai*
5. *Elohainu melech ha olam* (King of the Universe)
6. *Elohainu melech ha olam*
7. *Elohainu melech ha olam*
8. *Elohainu melech ha olam*

Define partners.

- 1 On Ata walk 4 steps to centre, clap on first step.
- 2 Repeat walking backwards.
- 3 Clap again on Ata, two right spins on the Adonais, arms raised.
- 4 Face centre bringing arms down blessing middle of circle.
- 5 Hold hands. On elohainu begin grapevine to right, sidestep first, spin right on olam.
- 6 Grapevine left, right foot cross first, spin left, end facing partner.
- 7 Hands behind back make a half turn together clockwise. On olam step in place for four paces.
- 8 Hands behind back, half turn together anticlockwise. On olam spin left progressing left shoulders past your partner.

The Jewish culture is very much an expression of living religion, with perhaps one of the strongest senses of tradition of all faiths. This is felt within the music very often as joyful celebration and fun so the chant is fast, busy and complicated perhaps giving the impression of a Jewish household.