

From the CD "Teachable, Singable, and Jewish: The Family Album," available at cdbaby.com

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Zeh hayom asah Adonai
Nagile v'nis'm'cha bo (bo bo bo)
Zeh hayom asah Adonai
Nagila v'nis'm'cha bo (bo bo bo)
Zeh hayom asah Adonai
Nagila v'nis'm'cha bo-
This is the day God has made
We will be happy don'cha know!
1-2-3-4. Down the stairs and open the door!

(repeat)

Dance routine made up by Lisa Baydush:

Zeh hayom (take two steps to the right, clapping between each word)

Asah Adonai (take two steps to the left, clapping between each word)

Nagila (step forward with right foot on "gi", step in place with left foot on "la")

V'nism'cha (step backward with right foot on "nis", step in place with left foot on "cha")

Bo (step right foot next to other foot and bend forward, circling arms up and up and up for "bo bo bo")

This is the day God has made (arms extended to the sky and then out to the sides, lower to sides)

We will be happy, don'cha know (thumbs point to self with a smile)

1-2-3-4 (same steps as nagila v'nism'cha, turning counter-clockwise on "v'nism'cha")

(I didn't sing "down the stairs and open the door" because we weren't going anywhere)

Have fun!

Lisa Baydush
Jewish Music Educator, Songwriter, Performer
Sixth & I Historic Synagogue
Maryland School for Jewish Education
Jewish Primary Day School of the Nation's Capital
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and remember to

FIND THE SUNSHINE!