

The Choreography of Shabbat Services

From The How To Handbook of Jewish Living by Olitzky/Isaacs

When (ie. During which prayer)	What to do	How do to it	Why
In general	Shuckling	Swaying back and forth on your feet	To involve all of your heart and soul in prayer
Barechu	Bowing	Bow from the waist on the word Borchu	Like bowing before a sovereign
Shema Yisrael Adonai Eloheynu Adonai Echad	Closing your eyes	Cover your eyes with your right hand	To keep away from distractions and concentrate on God's oneness
Third paragraph of the shema (ie. Vayomer Adonai)	Kissing Tzitzit (fringes)	Gather tzitzit and kiss them at each mention of tzitzit in third paragraph of the Shema	To symbolically embrace God's mitzvot
Adonai sifatai tiftach ufi yagid tihilatecha (verse before the Amidah)	Approaching God	Walk back three steps and then forward three steps	To symbolically approach the Sovereign
Baruch atah Adonai eloheynu avotaynu (beginning of Amidah)	Bowing	Bed knees at baruch, bend over your waist at atah and straighten up at Adonai	To bow before God and the Sovereign
Baruch atah Adonai magen Avraham (second blessing in Amidah)	Bowing	Same as above	Same as above
Kedusha (on words Kadosh, Kadosh, Kadosh)	Rise on tiptoes at each mention of the word kadosh		To symbolically reach toward heaven
Modim anachnu lach (in Amidah)	Bowing	Same as first blessing of Amidah	Same as for bowing
Oseh shalom bimromav hu yaaseh shalom alenu ve'al kol Yisrael veimru amen	Taking leave of God	Take three steps backward: at shalom bimromav bend your head and shoulders to the left; at hu yaaseh shalom bend your head and shoulders to the right; at alenu ve'al kol Yisrael bend your head and shoulder forward; at veimru stand erect.	This is the reverse of the approach to God at beginning of Amidah. Here we take leave of God.
Alenu, on words va'anachnu korim umishtachavim umodim	Bow	Bend knees at va' anachnu korim; bow at umishtachavim, stand erect at lifnay melech	We show humility to God, the Sovereign of all Sovereigns