

No Part Left Out

lyrics Izumi Shikibu*

Buddhist Poetess

10th Century Japan

music and dance Kathleen Hannan

moderately slow tempo
capo up one or more if desired

The musical score is written on three staves in treble clef with a common time signature (C). The melody is accompanied by guitar chords. The lyrics are written below the notes. Measure numbers 5, 10, and 15 are indicated on the left side of the staves. The chords are: Am, G, Am, Bb** (at fret 6), Bb, Am, G, C, F, Em, F (with a triplet of eighth notes), E, Am, F, G, Am. The lyrics are: "Watch ing the moon at mid night — A lone in the mid dle of the sky I saw my self com plete ly I saw my self com plete ly I knew my Self com plete ly Wh o le — No part left out —".

The Dance (choose partners and determine direction of progression before starting)

1. Hold hands in very close together circle. While singing "Watching the moon at midnight" (measures 1 & 2) take four steps backward, (two steps per measure) starting with left foot.
2. While singing "Alone", do a slow but lively counter clockwise half turn in two steps, throwing arms up and outward above the head, ending with backs to the center of the circle.
3. "In the middle of the sky" make a round full moon with hands, still high above the head.
4. "I saw myself completely" *** (measures 5 & 6) While continuing to gaze up at sky, bring hands down to palms together in prayer position at the heart. The full moon, consciousness, is awake in your heart.
5. While singing the second "I saw myself" turn to face your partner and look into your partner's eyes with hands still at heart, palms together.
6. While singing "completely", *** Namaste bow to partner.
7. "I knew myself completely" (measures 9 & 10) Take partner's hands and do a slow clockwise half turn in four steps, leading with left foot. (Musicians continue steady tempo during this section).
8. Join hands in whole circle with everyone, on the word "Whole" rock to left foot, then right foot.
9. "No part left out" leading with left foot on the "one beat" of measure 12 (just before the word "No") walk towards the center, raising arms. Pause with arms raised till end of last measure when you get to the center.
10. Begin again at #1, on "Watching" but now arms will be lowered gradually as you take the four steps backwards.

* Adapted from translation by Jane Hirshfield.

** Playing the Bb in an F bar chord position at fret 6 highlights the experience of the word 'alone'.

*** In lines 4 and 6, slight slowing and a pause in the rhythm on the word "completely" brings awareness of emptiness. Pause length is at discretion of dance leader depending on the atmosphere as Dance is led.

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