

# Soul is New / Lalla's Dance

## Dance Movements

It's a partner dance. Have people choose a partner before you even teach the song. And when you teach the dance, be sure people end up knowing that they will turn to their partner on the first part, then turn to their corner on the repeat to the other direction, and then turn to their first partner as they clap and pass that person. They will then be facing a new partner who will be their partner on part A as the song starts again. Please feel free to call me if you have any questions about teaching this. 919-644-1592

A  
While singing  
"The Soul is new and ever new again" the first time:  
We start with everyone holding hands in a circle doing a grapevine step to the right.  
(step Right, cross Left in front, step Right, cross Left behind.)

B  
Then turn to a partner  
While singing "Like the moon"  
Facing partner, put your right hand at your cheek in a "C" shape (shape of a new moon) and raise the "C" shaped moon up into the sky slightly towards the right and above your head.

C  
While singing  
"like the moon" the second time  
Bring your left hand up to eye level in front of you in a rounded "C" shape and meet your fingers up with your partner's fingers to make a full moon with your partner (so that each of you is making half the moon). Peek through the full moon, which represents Consciousness in Hindu tradition, and you will recognize the light of Awareness, awake Consciousness, in your partner's eyes. You will see your Self in your partner's eyes.

NOW repeat steps A, B and C going to the opposite direction  
(i.e. A: Grapevine to the Left, B & C: turn to your "corner"...the person on the other side of you, to partner for this section.)

D  
While singing "My teacher said just one thing"  
All hold hands in the circle and walk in to center on four counts, gradually raising hands up to high above your heads.  
While singing the words "Live in the Soul" remain standing in center, still holding hands, with arms joyfully held up above heads.

E

While singing "When that was so I left my clothing by the road"  
Dancers walk backwards, gradually lowering arms. When arms  
are about half way down let go of hands and on the final words  
"left my clothing by the road" let your bodies hang all the way over (as far  
as you are comfortable) , bending knees to be comfortable.  
Let your arms and backs release and let go of thoughts about  
past and future, let go of ideas about who you are or who other people are.

F

While singing "And began to dance!"  
Turn to face your original partner for this round (the person you turned to  
at the first time of the "B" part) and progress by passing partner's right shoulder  
while clapping the beat pattern which is marked on the sheet music.  
(Be sure to show dancers not to clap on the first beat...the clapping  
pattern is marked in the sheet music. When they don't clap on the first beat most  
of them will get the rest, and it will sound best without any random clappings  
on the first beat even if everyone doesn't get the rest). You can hear this clapping  
pattern on my CD, *Seen & Unseen: Songs from the Light of Midlife*. I teach people  
not to clap by holding my hands way out to the side on the 1, demonstrating broadly  
the rest there.

Then everyone goes back to A, grapevining again to the Right.