

forbidden dance

(1.5) Steps: by Stefan

Music: "Habla me"

by B-Tribe on C.D.

Sensual Sensual. (1998)

Eastwest Records gmbh. M/D

(open) circle | Come in after you hear "Habla me"

A V Hold

L_b R_b L_b R_{pt. b} R_{f (dip)} L_{pt. f} L_{b (dip)} R_{pt. b}

R_f L_f R_f L_{pt. f}

L_{x f (dip)} R_s L_{x b (dip)} R_s *slowly arms to W*

B FREE HANDS

L_f R_{rep.} *(R hand back comb)*

L_b R_{rep.} *(L.H. back comb)*

L_f R_{rep.} L_b R_{cl} *(palms to centres, hiding eyes, slowly opening)*

L_s R_{cl} L_t R_t *(R palm towards face, still looking to centre)*

L_t R_t L_t R_{cl} *(gradually lower R hand, optionally caressing own torso!)*

In some sacred traditions, regulated behaviour is central, and dance is forbidden - e.g. by The Puritans - as it inflames the senses and passions which inspire us to act as individuals! In other spiritual paths, our sensual nature is integrated, rather than feared, and dance is at the very heart of "the Sacred". Here is a dance to celebrate the sensual side of our miraculous multi-faceted Divine-nature.

at end * open hands story