



Jai Mata Kali, Jai Mata Durga



Jai Ma - ta Ka - li, Jai Ma - ta Dur - ga
Om Ma - ta Ka - li, Om Ma - ta Dur - ga
Ka - li Dur - ga, Na - mo Na - mah.

The dance movements for this dance are from the traditional “Ras Garba” stick dance from Gujarat / India. Instead of the one foot long wooden sticks we just use our hands. This dance is danced every night of the 9 nights of the “Navaratri” harvest festival. Originally texts with many words are recited by a band - since Kali is in a way representing mother nature, it feels appropriate to sing this simple traditional chant to these adapted movements instead.

Jai Mata Kali, Jai Mata Durga, Om Mata Kali, Om Mata Durga,
Kali Durga- namo nama, Kali Durga- namo nama (clap underlined)

The dance movements:

Form 2 straight lines of dancers, facing each other (can be several double lines). The melody is in 4/4, but the dance movements are for 5 beats! This is a true challenge for everyone with any sense of rhythm; it can blow your mind. The whole dance consists of clapping every 2nd beat (1 & 3 of every bar), while the feet step on the spot on every beat (2 steps for each clap). On each repetition the first clap of 5 is on a different beat of the chant.

- 1) clap right hands with your partner at shoulder level
- 2) clap left hands with your partner at shoulder level
- 3) clap your own hands in front of your belly (optional: step back and forward while clapping)
- 4) clap right hands with your partner at shoulder level
- 5) clap your own hands in front of your belly (“bye!”) while making two side step to the left.

As a preparation the leader can count loudly from 1 to 5 several times

The partner progression should to be practiced first and separately (without clapping): look at your partner – then look to the left: the second person left of your partner (not the neighbour) will be your next partner; you will only meet every 2nd person in the line opposite you. Practice side stepping to the left several times (skipping every 2nd person opposite). The person reaching the left end of the line steps forward (not side wards) into the place of his last clapping partner and changes lines. Make sure all have practiced this line change.

Best begin introducing the chant together with the quick footsteps, then add hand movements without partner), then the progression, then add the partner clapping. Finally all can be combined. Be comforted: in the Indian community the traditional Ras Garba dance usually takes half an hour or longer, until the dancers “get it”.

The drum beat: I like the “tik” on 1234 and the “doom” on the “and” after 3 & 4 (Indian feel). Or try: doom tik tik tik tik doom doom doom (8 quick beats per bar - gives a bit of fire)

Chant (melody and words): traditional

Movements: “Ras Garba” stick dance from Gujarat / India, adapted by Ralph Nimmann