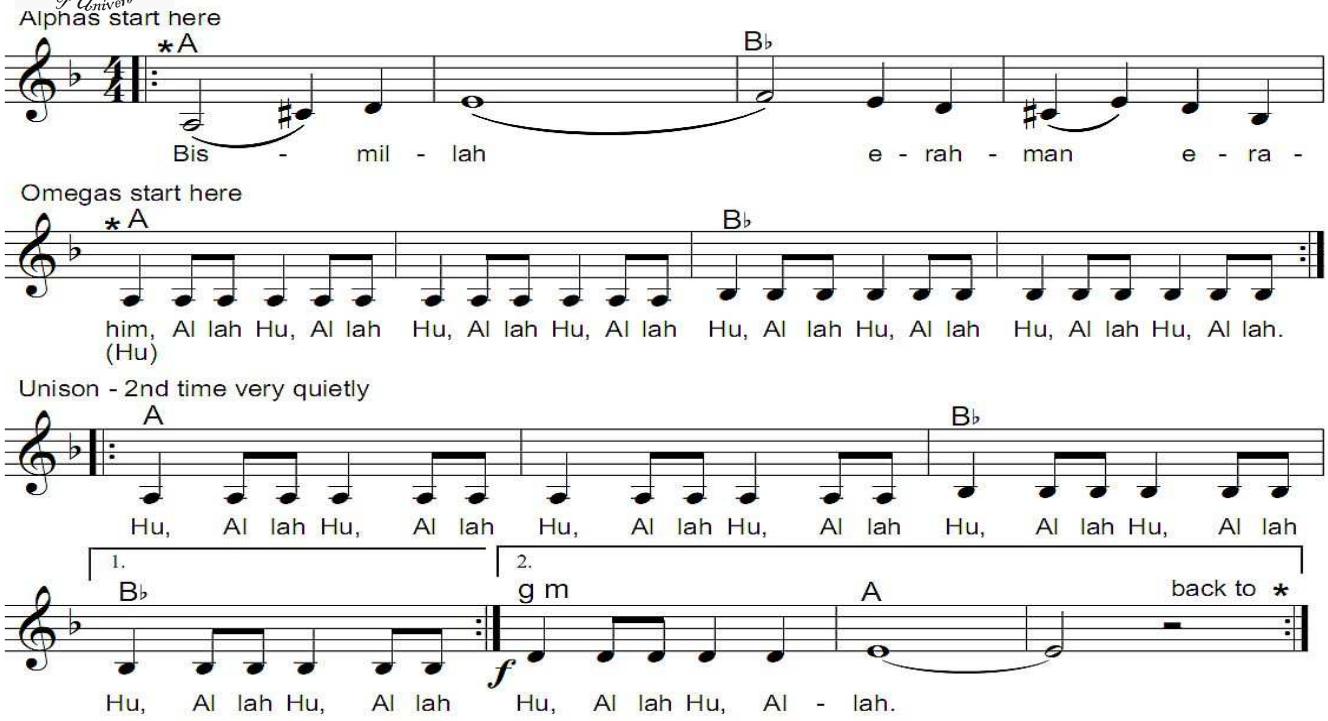
Bismillah Erahman Erahim Riga Cycle I & III



	Arrange alternating Alpha & Omega dancers, facing the circle centre. All begin **side** stepping to the right (R L close) and continue stepping: All begin with Hu Allah, both hands on own opposite shoulders.
Bi-ismil	Alphas begin: arms stretched down, palm backs together, knees slightly bent, hands move up in front of the body to the heart (Omegas: Hu Allah)
la----	From the heart hands move up (look up), open wide, stretching up and unfolding like big tree branches, then down on the sides to shoulder level.
ah,	Hands move straight onto the heart centre, palms rest flat on the chest.
Erahma-an	Hands move forward & open towards the circle centre, palms up, giving.
Era-	Left hand folds back on the right, right hand on the left shoulder.
him Allah Hu Allah *(+ 7x Hu Allah)*	On the 4 lower & 4 higher "Hu Allah Hu"s Alphas keep side stepping to the right, while Omegas begin singing "Bismillah…" with above movements
Hu Allah Hu Allah *repeat…*	After both Alphas and Omegas have sung Bismillah twice, all sing & step Allah Hu together (4 lower, 4 high), then quietly 4 low, 2 higher,
Hu Allah Hu	Sing out loud (and higher - "signal the end")
Alla- -ah!	Stop stepping! Open both arms up forward, palms up, praising Allah – & lower hands down to waist level, palms facing towards the earth

This dance is a very slow and quiet beautiful dance with a magic melody, like a clockwork, blending the different Alpha and Omega movements together. Begin sidestepping in silence, then add chanting "Hu Allah". Alphas unfold taking space, while the omegas are introvert and folded – then they swap movements. It needs careful teaching, best with 2 teachers modelling the movements and demonstrating how the two melodies blend together. Point out, that dancers never do the same movement as their neighbours (except at the end of the phrase).

After a short silence this dance is followed by the "Bismillah Alhamdulillah" (Riga Cycle part II) with the same Alphas and Omegas, and after that this dance is repeated again (as part III).

Movements: Ralph Nimmann. Melody: Gary M., Riga

Published & updated on: www.rainbow-cambridge.org.uk/dances/our-dances.htm March 2011