



Bismillah Alhamdulillah (Riga Cycle II)



Cycle II

Bis - mil - lah Al - ham - du - li - lah e - rah - man e - ra - him.

La il - lah ha il Al - lah, La il - lah ha il Al - lah.

Arrange alternating Alpha & Omega dancers (same as in part I), facing the circle centre. Omegas stand on the spot & begin & keep clapping.

Bi-ismilla
Alhamdulillah

Only alphas sing, open arms wide, take hands with neighbour alphas and step 4 steps to the centre, slightly raising hands.

Erahman Erahim

Alphas step 4 steps back, lowering and still holding hands.

Repeat while
α & Ω swap

Only omegas sing, taking hands and step 4 steps to centre - and back, while alphas side step clapping to the right, progressing behind omegas.

La illaha il A-Allah

Alphas face right, omegas face left partner, put their right hands on partner's left hip, left hands are up, stepping forward in a clockwise turn

Repeat

Change hands and direction of turn with partner, end at the SAME place!

A joyful lively dance with clapping, which needs careful practising. Remind dancers, always to end between 2 dancers of the other group. The point of mistake is usually when dancers do not turn back to the same place. Ideally this dance is taught before & together with the Riga Cycle I. Between the 3 parts of this cycle should only be silence, maybe with a quiet reminder like: "omegas: ready to clap"

After a short silence this dance is followed again by the "Bismillah Erahman Erahim" (Riga Cycle part III) with the same alphas and omegas.

Drum: I like "dum tiki dum tik" (Jewish feel) on the 4/4 beat, gradually speeding up. This is a contrast to the Cycle I & III, where I usually use a slow Hadrat beat ("dum dum, - titi" on "4, 1 - and 3").

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