



# Modern Alleluia



Al - le - lu - ia, al - le - lu - ia, al - le lu - ia, al -  
- le lu - ia, al - le - lu - ia, al - le - lu - ia!

This is a Round in 3 parts.

- Al- Facing circle centre, sidestep to R, arms & fingers open up & out wide, palms facing centre, head raising tall = open expansive position
- le- Close with L foot, head low between shoulders, hands as fists in front of chest = contracted position
- lu- Side step to L into open expansive position
- ia R foot closes with arms into contracted position
- Alleluia **Repeat** (“warming up” part)
- Alleluia Take hands in the circle (v-hold) & 2 grapevine steps to R (R foot side, L cross in front, R side, L cross behind, 2x) – “coming into the flow”, last L step close to R foot
- Alleluia Facing circle centre feet apart, stand, clap hands 3x from bottom left to top right, on the 4<sup>th</sup> beat look up, lean back & open chest & arms palms up & back to top right (praise with all your being)
- Alleluia Clap 3x back down from top right to low left, 4<sup>th</sup> time palms facing the earth

The image and idea to this very dynamic warming up dance is the perfect human being in a circle as drawn by Leonardo da Vinci: we open out to all sides to praise God above as well as below with all our being.

The dance should begin fairly slow, and when the flow of the movements is integrated, it can speed up to a joyful upbeat mood.

This dance can be danced in 3 concentric circles, all beginning together and later dancing as a 3 part round. If danced in one circle, at the end of the dance all can come close together, get the circle swaying and stepping together in the rhythm, and direct 3 circle segments to sing – or 2 parts with women and men singing (+ the leader as 3rd part).

Melody: unknown – published in “Cantiones Sacrae - sacred songs, rounds and chants for singing in community” by Barbara Swetina, [www.sacredsongs.net](http://www.sacredsongs.net), Findhorn

Movements: Ralph Nimmann