



Spirit is around us like a Rainbow



Spirit is around us like a rainbow round the sun - (2x)

1) Facing left, dancers hold hands ("V-hold") in a circle and step (clockwise = to the left) forward, zig zagging out and into circle centre: L (left) step diagonally forward left, R (right) close, then R step forward to the right and L close - and so on.

Spirit is around us, (higher, 2x)

2) Facing the centre, dancers side step (half speed) to the left and close with the right foot (2x), while the hands shape a circle in front of the head, palms moving down & out facing to the circle centre, ending in front of the belly.

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3) Turn individually to the right, 12 steps, in a free movement, while hands spiral from the sky above the head down, towards mother earth.

Repeat 2) & 3)

Repeat movement 2) and 3) once more.

VARIATION: instead of the foot steps described above, the sacred "Ghost step" can be used, if the dancers and the situation are in the right mood: facing the circle centre moving left, each foot touches down: L on the spot and then L side step, then R touch and R close to the left. This step carries on with the same speed in part 2. In part 3: free steps – or Ghost step.

The beauty of this dance & melody is its simplicity.

Drum: eight beats per bar or / and rattle.

Melody: by the late William Baker, Mt. Shasta - sung by Rabbi David Zeller on his CD "Path of the Heart" - www.davidzeller.org

Movements: Ralph Nimmann