

## BRIGHT SKIES

Chor. Paul Boizot, 2014. Music “In Sunlight”, from “The Silent Awakening” by Tina Malia. Mp3 available on Amazon UK or iTunes\*.

Rhythm 4/4. Formation; circle, or open circle if a small circle means you cannot easily go into the centre. Dance fits to music. Start after the arrhythmic intro and 8 bars of the music.

1. Arms V.  $\rightarrow$  R q, L q, R; L, R q, L q;  $\leftarrow$  Rxf big step coming in towards centre, sway L q slightly diag. (coming back about half way towards L.o.D,)  $\rightarrow$  sway R q;  $\leftarrow$  sL slightly diag. (coming back to L.o.D.),  $\rightarrow$  minimal sway R q,  $\leftarrow$  minimal sway L q.

The feet do not drag along the floor in the steps around the circle. The sways are more like weight changes, with weight on balls of feet.

x 2

2.  $\uparrow$  over next 5 steps (= 4 beats) arms come gradually up to high with a small loop at half-way as they pass through W height then head height R q, L q, R; L, R looking up; arms slowly and gradually down over next 4 steps  $\downarrow$  L, R; L, R. Mirror starting  $\uparrow$  L.

For a simpler dance, or for initial teaching, omit the loop as you go into the centre and just bring the arms up gradually to high.

In the second half of part 1, facing centre, the zigzag pattern of the steps on the ground is similar to some symbols for lightning. Going towards the centre in part 2 can be thought of as approaching and/or looking up at the sun.

The words are a version of the Sanskrit mantra “Asato Ma,” for supporting the intention of awakening. One translation is “Lead us from the unreal to the real, lead us from the darkness to the light, lead us from death to immortality. Peace, peace, peace.” (Adapted from <http://www.spiritvoyage.com/blog/index.php/yoga-music-review-tina-malias-the-silent-awakening/>)

Om Asato Maa Sad-Gamaya  
Tamaso Maa Jyotir-Gamaya  
Mrtyor-Maa Amrtam Gamaya  
Om Shaantih Shaantih Shaantih

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Paul Boizot 28.10.14