

HEAL THIS LAND

Chor. Paul Boizot, 2013. Music “Heal This Land”, from “The Silent Awakening” by Tina Malia. Mp3 available on Amazon UK or iTunes.

Rhythm 4/4. Arms V to start. Unjoined circle, or dancers anywhere they like; or possibly circle with arms joined. Start after piano introduction and first vocal “the fires are”

↻→ sR, Lxf (optional – curve the step and swing L arm round following foot if unjoined), repl.R, ↻← sL; ↻→ sR, cl. L, sR q, stamp L q, ↻← sL q, stamp R q; ↻↑ R starting to bring arms up with elbows bent, cl. L straighten arms pushing them forward horizontally, ↻↓ R, cl. L arms gradually down to V over last two steps; knees slightly bent leaning forward slightly & arms swinging low towards earth following feet from side to side (↻→sR q, tap L q, ↻← sL q, tap R q) x 2.

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Paul Boizot revised 17.05.15