

# COME, BE WITH ME

Music: Keith Duke from CD Sacred Dance 4/4 time

Steps: Bridget Ovey

Formation: Circle, all slow steps

## Part 1 Facing Centre Unjoined Stand feet hip width apart for balance

1. Sway and lean R, arm extended to the R, gathering the people, placing R hand on 'gut' just above your waist. That takes 4 slow beats.
2. Mirror to Left.
3. Bend knees slightly, using both arms to scoop up the heavy burdens, 4 slow beats
4. open out arms to the circle as you sway R, lift L heel, sway L lift R heel.

## Part 2

5. Travelling R, 4 very light step touches, with R hand on next person's L shoulder, R arm unjoined, hanging loosely down by your side.
6. Face centre, place hands, palm open on your R and L neighbour's back in the centre, between the shoulder blades, 4 slow sways R L R L, and again, lift heels.

When the music finishes, hold your position, feeling the comfort of your neighbours' hands on your back and the warmth it brings.

*The dance came from the music which I heard online, by chance. It became an earworm which wouldn't leave me alone! The steps really emerged by themselves as I thought of the words in terms of how needy I have felt, some of the time, during the lockdowns. I offer the dance in the hope that it will bring you comfort.*

The dance is about gaining strength and support from the circle of dancers.

So the first line, come, be with me, we're reaching out, gathering the group into our gut/centre of ourselves.

Line 2, all you who carry heavy burdens, we bend, scoop up all the burdens and offer them to the group so we're all sharing each others burdens.

Line 3, I will give you rest, travelling slowly, resting our right hand on the next person's left shoulder, so we 'lean' on each other as we journey, and last line, facing the centre again, palm of both hands resting on our neighbour, each side, between the shoulder blades, giving and receiving strength.