

# Essência

Music: Rumeli Hisari'nin Yapilisi, composed and played by: Can Atilla.

The name of the song means Construction of Rumelian Castle, which is a fortress of Istanbul, Turkey, situated on the European shores of the Bosphorus, in what is now the district of Sariyer. It was built by Sultan Muhammad II, the Conqueror between 1451 and 1452 in the place where the Bosphorus is narrower.

Closed Circle.

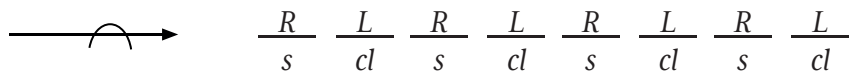
Hands loose. Wait 4 times stopped on the circle line facing the center.

Introduction:

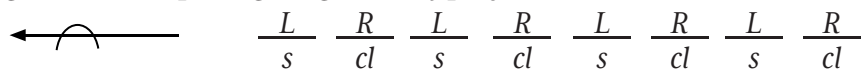
Raise the arms and in a point above the head approach the palms of the hands and go down slowly to the diaphragm with the hands in a united gesture known as prayer or greeting.

1st part:

The right arm opens laterally by raising and descending from the front to position itself to allow the prayer mudra when it joins with the other hand.

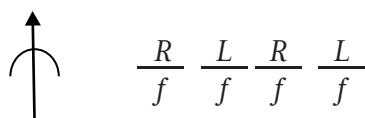


The left arm is also rising and descends from the front joining the palm of the right hand completing the gesture of prayer.

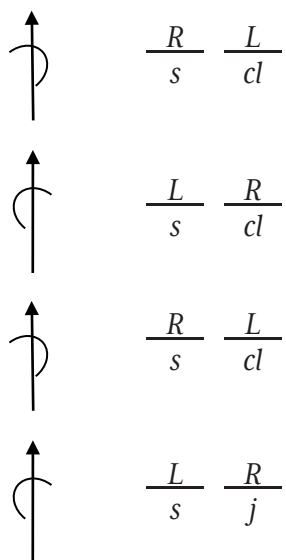


2nd part:

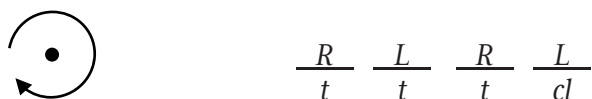
Dive in toward the center with arms stretched forward releasing energy to Earth.



Then, the arms rise and the body adjusts to return to the circle line.  
 This movement is accompanied by subtle hip movements. The arms raised with hands turning.



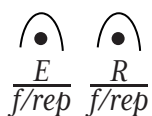
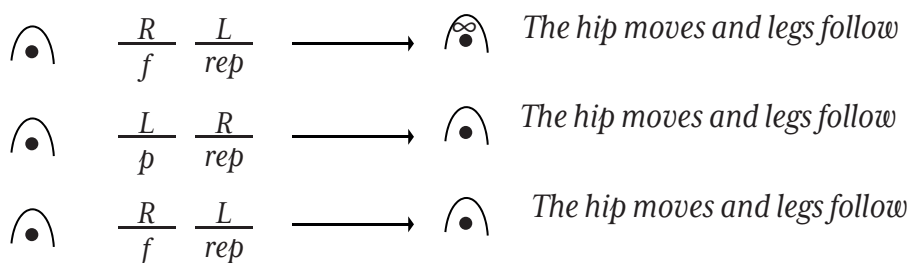
Turn on the spot by right shoulder with hands crossing in waves across the front of the chest ending in the mudra of prayer.



Repeat the 2nd part, which starts with the dive movement to the center.

3th part:

With your hands in prayer mudra standing facing the center.



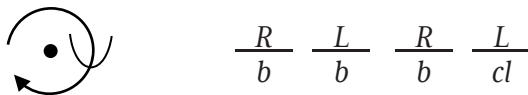
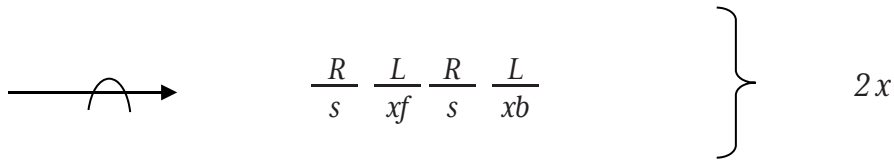
Put the alternating tips straight without the movement in 3 beats.



Repeat 1st part + 2nd part + 2nd part + 3rd part

4th part:

Two grapevines to the right with a right turn to the right



Half turn to the right with the left hand positioning way to allow the prayer mudra when it joins with the other hand.



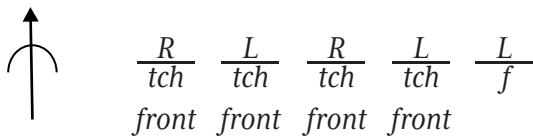
Half turn left with the right hand uniting with the other hand to complete the prayer mudra.



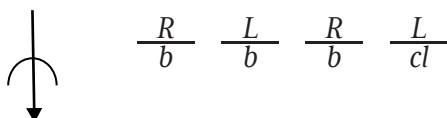
Repeat 1st part + 2nd part + 3rd part + 4th part

5th part:

Staying with your hands in prayer, the right foot that crossed the front in the previous movement already positions itself to walk toward the center.



Step, put the weight on the left feet, throwing the body forward and freeing the energy to the center with the palms of the hands.



\* Returns by raising arms above head after going down to redo the gesture of prayer.

Repeat 1st half + 2nd half + 2nd half  
Repeat 1st half + 2nd half + 2nd half

End standing on the circle line with your hands in prayer.

