

# GREETING THE DAY

choreo: Christine Read

Music: 'slower'

## PART A

Start in own space, facing centre. 1<sup>st</sup> 4 bars of the dance are arm movements only  
Start with 'bagpipe sound'

1<sup>st</sup> Bar. R arm sweeps diag. across body to waist height and opens out to R

2<sup>nd</sup> Bar. L arm mirrors this movement to L.

Eyes follow movement of hands, looking out at what is around you

(Bars 1 & 2 - Greeting the day, waking slowly and gently)

3<sup>rd</sup> Bar. Both arms scoop down, come up through centre of body & open out overhead

(bringing energy up from the earth, through your body, waking up all your chakras)

4<sup>th</sup> Bar. Arms come back down centre of body, through prayer position, ending with arms by your sides, palms fwd.

(centering yourself, ready for the day ahead)



R L L R R L L R  
f tch f tch f tch f tch

arms come to waist height, palms up,  
offering what we have to give



R L L R R L L R  
b tch b tch b tch b tch

hands cross over heart,  
accepting the gifts life is giving us



R L R L R L R L  
t t t t t t t tch

walk slowly in a circle around R shoulder  
lead with R arm, L hand on heart



L R L R L R L R  
t t t t t t t tch

walk slowly in a circle around L shoulder  
lead with L arm, R hand on heart

As you turn, you are connecting with what is around you; spreading peaceful thoughts around yourself and others.

## PART B. V Hold



R L ( R L R L R L R L R L R L ) x 2  
f f b cl f b cl f f f f f f

Travelling through the day, sometimes getting delayed, sometimes making progress

## PART C. V Hold



R L R L R L R L R L R L gradually making the circle a bit bigger  
s cl s cl s cl s cl s cl s cl to allow space for arm movement in Part A

Taking time out during the day to slow down and reflect

REPEAT ENTIRE DANCE. Then finish by bringing arms up through centre of body, opening out overhead & coming down wide to end up by your side.

Opening up to the possibilities of the day