

# Sutra da Corazon

Heart Sutra : the teaching at the heart of Buddhism

Choreographer: Priscilla Preiss (Brazil)

learnt from Renata Ramos at Findhorn 2019

Intro: Face centre

When rhythm begins, gradually bring hands up in front of body: right palm up, left palm down  
fingers point forward

1st part (12 step sequence)

$\overrightarrow{A}$   
 $\frac{R}{S}$   $\frac{L}{Cl}$   $\frac{R}{S}$   $\frac{L}{Cl}$

$\frac{R}{sw}$   $\frac{L}{sw}$   $\frac{R}{xf}$

$\frac{L}{sw}$   $\frac{R}{sw}$   $\frac{L}{xf}$

$\frac{R}{S}$   $\frac{L}{Cl}$

Right arm moves out in a circle in front of the body and arrives at centre, palm up (fingers to left)

Left arm mirror above, arriving above right hand, not touching, palm down (fingers to right)

2nd part (12 step sequence)

~~down~~  $\uparrow$   
 $\frac{R}{f}$   $\frac{L}{Cl}$

$\downarrow$   $\frac{R}{b}$   $\frac{L}{Cl}$

Hands join as lotus bud, like prayer position but more rounded & rise in front and above head height  
Hands lower in front of heart

cont'd →

## Heart Sutra cont'd

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$\frac{R}{S}$     $\frac{L}{xf}$

Left arm pushes out in an arc to side, palm down

$\frac{R}{S}$     $\frac{L}{xb}$

Right arm pushes out & up in an arc to the side & rises, palm up  
Left arm also rises

R L R  $\frac{L}{cl}$   
↻

Turn over right shoulder (cw)  
360°

Hands are reaching high during the turn, by second R step, they are lowering & return to the position at the beginning of the dance with the  $\frac{L}{cl}$  closing step