HEX

Dance - June Watts. Music - "Gula gula" Mari Boine Persen. No hold.

Strong earthy quality. Starts with singing
On every slow step, rhythm is marked with a heel stamp on the off beat.

e.g. R R
f heel stamp

a. Wrists X over heart, loose fists. Opening the heart and making space to grow.

|| R L || x2 || R L || x2
f b f cl

arms open to side & close — arms open to side & close

b. Clearing away old stuff and bringing up new energy from earth.

|| R L || x2 || R L || x2
f b f cl

hands to centre palms up & down to L side of body with palm down. — hands making lifting circles in front of body.

c. Connecting with guidance and cosmic energy and bringing the energy into you power centre.

|| R L || x2
s s

R arm up - bent elbow, L arm down, then L arm up and R down looking up to each side

RLRL
b

hands, with palms down make alternate circles in front of belly so you step back R and R arm circles anti-clockwise, step back L and L arm circles clockwise etc.