

OU PARADISOU LEMONIA

CHOR: WILLEM WOLFERT. "LEMONIA" = "WAVING GRAIN." GREEK MUSIC.
 THE MOVEMENT IN PART 2 WAS INSPIRED BY FIELDS IN EASTERN EUROPEAN COUNTRIES WHERE THEY GROW GRAIN AND SUNFLOWERS. PART 3 HAS BEEN SIMPLIFIED - WE LIKE IT! 7/8 (LONG, SHORT, SHORT; = = =)
 3, 2, 2

W HOLD START WITH THE SINGING

PART 1: $\left[\begin{array}{c} \overrightarrow{A} \quad \overleftarrow{A} \overleftarrow{A} \overleftarrow{A} \\ \underline{\underline{R}} \underline{\underline{L}} \underline{\underline{R}} \quad \underline{\underline{L}} \underline{\underline{L}} \underline{\underline{R}} \\ \underline{\underline{S}} \underline{\underline{x}} \underline{\underline{p}} \underline{\underline{s}} \quad \underline{\underline{p}} \underline{\underline{s}} \underline{\underline{p}} \end{array} \right] \times 6$

PART 2: UNJOINED (ARMS STRETCH UP HIGH, SYMBOLIZING THE GRAIN, ARMS WAVE IN TIME WITH THE MUSIC: $\underline{\underline{A}} \underline{\underline{L}} \underline{\underline{R}} \quad \underline{\underline{L}} \underline{\underline{R}} \underline{\underline{L}}$)

$\left[\begin{array}{c} \overrightarrow{A} \overleftarrow{A} \overleftarrow{A} \overrightarrow{A} \quad \uparrow \quad \downarrow \\ \underline{\underline{R}} \underline{\underline{L}} \underline{\underline{R}} \quad \underline{\underline{L}} \underline{\underline{R}} \underline{\underline{L}} \quad \underline{\underline{R}} \underline{\underline{L}} \underline{\underline{R}} \quad \underline{\underline{L}} \underline{\underline{R}} \underline{\underline{L}} \\ \underline{\underline{S}} \underline{\underline{x}} \underline{\underline{b}} \underline{\underline{r}} \underline{\underline{p}} \quad \underline{\underline{S}} \underline{\underline{x}} \underline{\underline{b}} \underline{\underline{r}} \underline{\underline{p}} \quad \underline{\underline{f}} \underline{\underline{f}} \underline{\underline{f}} \quad \underline{\underline{t}} \underline{\underline{t}} \underline{\underline{t}} \end{array} \right] \times 2$

THEN REPEAT BUT FACING OUT TO START
 i.e. $\overleftarrow{R} \overleftarrow{L} \overleftarrow{R}$
 $\underline{\underline{S}} \underline{\underline{x}} \underline{\underline{b}} \underline{\underline{r}} \underline{\underline{p}}$
 180° turn to L

PART 3: $\left[\begin{array}{c} \overrightarrow{A} \quad \overrightarrow{A} \quad \overrightarrow{A} \quad \overrightarrow{A} \\ \underline{\underline{R}} \underline{\underline{L}} \underline{\underline{R}} \quad \underline{\underline{L}} \underline{\underline{R}} \underline{\underline{L}} \quad \underline{\underline{R}} \underline{\underline{L}} \underline{\underline{R}} \quad \underline{\underline{L}} \\ \underline{\underline{t}} \underline{\underline{t}} \underline{\underline{t}} \quad \underline{\underline{L}} \end{array} \right] \times 2$

W HOLD
 & mirror it all to L (i.e. start $\underline{\underline{L}} \underline{\underline{R}} \underline{\underline{L}}$)
 360° to R

SEQUENCE: PART 1, PART 2, PART 3
 PART 1, PART 2, PART 3
 PART 2, PART 3 (first 10 steps, finish here)