

RETURN TO THE LIGHT

CITOR LESLEY LASLOTT

A

RLRL

SWAYS.

U. HOLD

←

RL

t t

R. ARM GOES OVERHEAD  
TO REST ON OWN LEFT  
SHOULDER. LEFT HAND  
RESTS ON RIGHT SHOULDER  
OF PERSON IN FRONT

A

RLRL

SWAYS

ARMS HIGH

↑

RLRL

FFFF

CURVE INTO CENTRE  
RAISING ARMS HIGH.

↔

↔

RL

GLIDE BACK  
ZIGZAGGING

X  
3

A

RL

FACE  
CENTRE  
ARMS  
HIGH.

↓

RLRL

BBBB

LOWER ARMS.

VERY SMOOTH MOVEMENTS.

THIS DANCE IS FROM A WORKSHOP CREATED IN THE 90'S.  
TAKING US <sup>ON</sup> A JOURNEY OF EMOTIONS WE EXPERIENCE  
AS WE TRAVEL FROM BIRTH BACK TO THE LIGHT.