

SING OF THE LORD'S GOODNESS a dance to celebrate Sr Aelred's jubilee,
60 years of life as a Poor Clare. She asked me for a Joyful and Exuberant dance.

Choreo: Bridget Ovey

Music by Ernest Sands

Rhythm: 5/4 so in this piece, there are 2 strong beats per bar,

ONE two three FOUR five

Intro: 2 bars only so be ready

Part 1 facing the LOD

In a light travelling style R L R L R L with arms UNJOINED

but like a slightly stretched V hold

Now face centre

R lift L in a low lift, inside ankle facing up / L lift R in a low lift, inside ankle facing up

(as you step R and L, open arms, as you lift, bring arms as in the video) REPEAT part 1

Part 2 facing the centre, arms smoothly from the previous arms in part 1 into a HIGH W, joining your thumbs to your middle fingers

R x L behind up down (reverse chekassia) L x R behind up down

R x L behind up down / L slip step towards the centre with 'loop the loop' arms

R x L behind up down / L x R behind up down arms as before

Back with light steps R L R / L diagonal Yemenite gradually facing LOD, and part of a R Yemenite!! That's because the final step of the Yemenite is actually your first step of part 1. It's a lot easier than it sounds in words. I would LOVE to teach it to you myself sometime!

FINALE: in the final chorus you will hear the trumpet and that's your reminder that the ending is coming. After the L Yemenite, step R, little knee bend, thrust both arms up high and hold your position, palms facing each other a bit wider than your shoulders.

