

SPIRIT OF PEACE

Music: Pat Mayberry; Ottawa, Canada

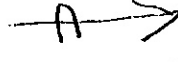
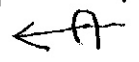
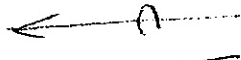
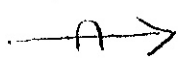
Lyrics, music, voice & guitar by Pat *

Steps: Stefan - with thanks to Barb Gilman for introducing me to her sister's songs.

circle facing centre - begin with vocals.

* A CHORUS

R hand by head palm to centre | R hand to solar plexus | LH palm up | LH to solar plex.



R
sw

L
sw



L
sw

R
sw

L
cl



↑ hands to heart
R L
f cl

hands rise like seedling, fingertips down then up
R L
f cl

cross hands to frame face | strong hands, fingers high
↓ R L R L
b cl b cl

point R index finger to centre
R
sw

R hand forward palm up
L
sw

RH sweep to Left
R
sw

L
sw

No war

we cry

no more

RH slides to heart

R
sw

L
sw

VERSE

W hold

R L R L R L
s cl f s cl

R L R L
f s cl

L R L
b

R
s

L
cl

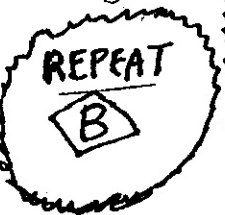
R (L)
s (li)

L
xb

R
s

L
xf

twist body left then right



* FIRST CHORUS

HAND MOVEMENTS ONLY (with no steps!)

FINAL CHORUS

x 2

then 'No war we cry, no more' x 3

* I highly recommend Pat's albums: www.patmayberry.com x stefan