

TRANQUILITY

CHOREOGRAPHY: Lesley Laslett

MUSIC: The track is called *Reverence* on the CD *In Unity* by Tim Wheater and David Lord available on iTunes

FORMATION: Unjoined – the arm movements are very gentle. Commence after 4 bars

RHYTHM: 4/4

INTRODUCTION

stand

stand

stand

Raise arms out to each side and round to above head

Gently cross and uncross hands above head

Bring hands down in front of body with right hand over left and then down to sides

PART A

R L R L

R L R L

R L R L

df df df df

t t t t

b b b b

Raise arms with the right slightly ahead of the left palms out to above head

Turn right hand over left turning inward and down to heart

Arms extend forward with palms up and gradually arms go down to sides

R

L R

sw

sw cl

Step to the right and sway facing right extending L leg and bring R arm up to shoulder height (palm down) and then back to side

Face left extending R leg and bring L arm up to shoulder height (palm down) and then back to side (closing with R foot)

Key

F = step forward

d = diagonally

b = step back

t = turn

sw = sway

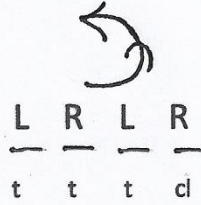
cl = close

to = touch

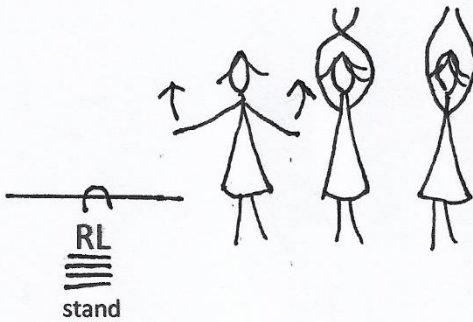
PART B



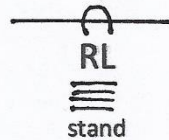
Half turn to face out
bringing R arm in circle in
front of body going to left
first and ending at R side



Half turn to face in
bringing L arm in circle in
front of body going to
right first and ending at L
side



Bring both arms up from
sides and gently crossing
and uncrossing hands
above head



Bring hands down in front
of body with R hand over L
and then down to sides



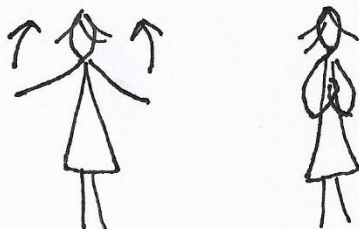
SEQUENCE

Introduction

Part A x 2 followed by Part B x 2

Part A x 2 followed by Part B x 2

Part A x1 then Part A to * and then in 4 beats bring both arms to the side and up to above head and in 4 beats bring hands down in front of body R in front of L to the heart.



It is impossible in notation to get all the nuances of the hand and arms gestures so I would recommend watching Lesley doing the dance on YouTube (link below).

https://www.youtube.com/watch?v=IYn_zNgkZcM