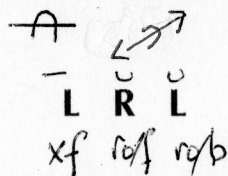


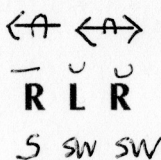
In Humility, I Rise

choreography by Bobbi Bailin

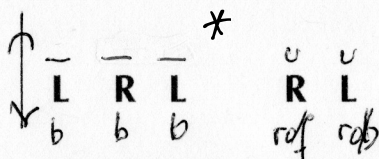
Music: Kipur by Light in Babylon
on cd: Life Sometimes Doesn't Give You Space



bend R elbow, hand
& palm toward heart



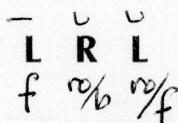
bend L elbow, hand
& palm toward heart
L Palm covers R hand



both hands open
palms up & arc down
to be alongside body



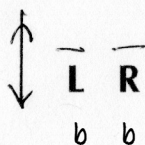
R hand palm facing body
arcs inward across heart
ending @ chin level, palm up



L hand palm facing body,
arcs inward across heart
ending @ chin level, palm up



Both arms circle high up
palms up



open arms out to side & down in
giant arc, palms facing forward

The song is a poem by Solomon ibn Gabirol 11th c Jewish poet and philosopher in Spain. *I seek thee God, at dawn to be of service and pray day & night. Mighty God knows my heart. I open my thoughts. What is the power of my spirit? I praise with my singing while your breath is in me.*

* I often like to end here and anticipate the feeling of slowly rising

Video on my YouTube channel, Bobbiysea

notes by Bobbi