HE YAMA YO

CHOREORAPHY: Joyce McAndrew (2022)

MUSIC: Heyamayo by Hijas de la Tierra on the CD Despertar Es available on iTunes.

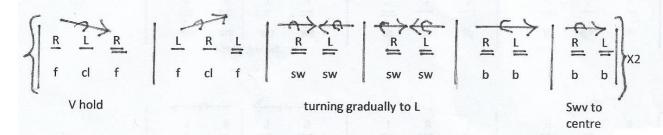
FORMATION: Circle in V hold to start

RHYTHM: 4/4

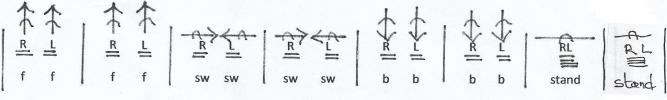
INTRODUCTION: Start after 4 bars and after 1st sequence pause for two beats or sway

for two beats (quick sway) or wait and start on second syllable of singing





PARTB Unjoined



Raise arms

lower arms a little palms up

lower arms palms down Gradually bring palms closer to ground

Bring arms up and out palms

 $\begin{array}{c|cccc}
R & L & L & R \\
\hline
df & to & df & to
\end{array}$

A c da

Palms forward and diagonally out in a gesture – 'This is Me'

As the music quickens take smaller steps

step pattern makes a diamond shape

Notation Joyce SEPT 2023

* If space doesn't allow turn left shoulder to centre and sway on diagonal

turn back to Face centre on following b steps