

Camino de Cura – Path of Healing

Choreography by Pablo Scornik (Argentina)

www.tinkudanzas.com

Dance video:

<https://youtu.be/C7KpRFj3eqE?si=-nEpBTZBm7zGD7Le>

Teaching video:

https://drive.google.com/file/d/15_CB69qMcCf2as_lyCF7vqTI1Lv2kOmx/view?usp=sharing

Music: “Cura” by Kelly Aura music video:

https://youtu.be/CG2Zm3BqZDU?si=AbV88Kzw_ABi5vDa

Steps: Facing center, hands over heart, start with singing

A. R sway (extend R hand to right), L sway (extend L hand to left), R side, L close, R side SQS (move arms up & over to diagonal right)

L sway, R sway (arms up in V), L side, R close, L side SQS (move arms up & over to diagonal left) [Repeat all of A]

B. Pivot to face diagonal left, moving diagonally to right in towards the center, R side, L close, R side SQS (R arm rises up and out); pivot to face right, moving to left in towards the center, L side, R close, L side SQS (L arm rises up & out); still facing right, R sway out, L sway in (arms up & out)

C. Turn to face center, moving back out from center, R back, L close, R back SQS (bring hands to heart), L rock forward, R rock back (hands offering to center, open to the sides), L back, R close, L back SQS (arms wide); then turn in place to right, T T T, turn to left in place T T T

D. (1st, 3rd and 5th time, only when she sings in Spanish) R side, touch L, L side, touch R.

Interlude at 4:10 with spoken word: Standing in place, hands rise out and up to join above at temple, then in prayer moving down in front of body, then dance continues from the beginning.

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<https://www.facebook.com/tinku.danzas>

<https://www.youtube.com/@tinkudanzas>

<https://www.instagram.com/tinkudanzas/>

Lyrics:

Cura / El Na Refa Na La

Madre Tierra, Mama Killa
Gran abuela, Gran abuelo,
Gran Espíritu del Amor

Cura cúrame, enséñame,
Sana saname, enséñame
El camino de luz, de paz, el camino de fé
El camino del Amor

EL NA REFA NA LA
EL NA REFA NA LA

Cura curame, enséñame,
Sana saname, enséñame
El camino de luz, de paz, el camino de fé
El camino del Amor

EL NA REFA NA LA

Cura curame, enséñame,
Sana saname, enséñame
El camino de luz, de paz, el camino de fé
El camino del Amor

Descends dans cet espace en toi qui sais,
La ou tout est absolument parfait,
Réconnecte à ton essence, à tes sens,
Dans cet espace, il n'y a rien à ajouter, rien à enlever.
Il y a juste à savourer,
Il y a tout à CÉLÉBRER.

EL NA REFA NA LA

Compositores: Kelly Boudarham / Kelly Aura