

# In Sunlight

**Dance :** Choreography by Hazel Young.

**About the Music :** Tina Malia from the CD "The Silent Awakening". Track title "In Sunlight". Also available on Putumayo compilation ("Acoustic Yoga").

**The words are a mantra:** "Om Asatoma Sat Gamaya", for which one translation is "Lead us from illusion to truth, from darkness to light, from death to immortality".

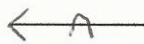
**Formation :** Circle.

**Arms :** Unjoined to begin, then hand-hold in parts C) and D). Or unjoined throughout.

**Introduction :** Start with the melody (at 0:33 on recording).

**Pattern:** [ABBCCDD] x 5

A) Sways in place, as our sun rises and sets

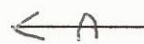
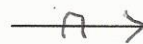


[ swayR, swayL, ] x 4,

Sun rises .....

Whilst doing 8 big sways, open arms rise slowly forming a big circle. Fingertips just touch at end of 8<sup>th</sup> sway – this is noon, the daily zenith

1 2 3 4



[ swayR, swayL, ] x 4,

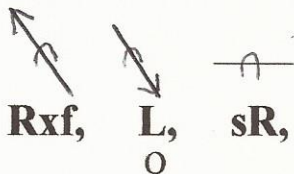
Sun sets .....

Whilst doing 8 more big sways, arms lower to waist height as the sun sinks beneath the horizon

1 2 3 4

B) Holding the energy of the sun. Arms still form a circle at waist height.

Rhythm here is Slow-Quick-Quick

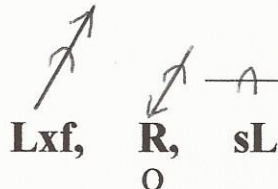


Rxf, L, sR,  
O

Cherkassias.....

1 2 3 4

Repeat B)



Lxf, R, sL,  
O

1 2 3 4

C) Moving to L. Take V-hold here (or unjoined throughout)



Rxf, sL, Rxb, sL,  
Grapevine.....

1 2 3 4

Repeat C)



fR, cL,  
onto balls of feet  
very small lift  
of arms

1 2



bR, cL,  
& down  
lower arms

3 4