

Sufi Concentrations
James Burgess

Allahu el Allahu

Words: Traditional Music: Anon., Harmony Nasrudin



Al lah Hu El Al lah Hu Al lah Hu El Al lah Hu

1. *Allahu el Allahu* (x4) *He, the Absolute, phenomenal and transcendental*
2. *Allahu el Allahu* (x4)
3. *Allahu el Allahu* (x4)
4. *Allahu el Allahu* (x4)

- 1 Walk right, holding hands. x4
- 2 Two sidesteps to the right. x4
- 3 Spin right.
- 4 In two paces, palms raised, out two paces, palms facing earth. x4

This simple zikr dance can be led by example quite easily in silence and this method of leading has the advantage of allowing the dancers to develop certain qualities such as observation, trust and caution.

It has often been chosen as an introductory concentration on Dance camps; people coming late can easily join in without disturbing the flow. The increasing volume of sound can be supported and emphasised by the addition of the given harmony line at a later stage.