

Sufi Concentrations
James Burgess

Alleluia 2000

Words: Traditional Music: Nasrudin

Al le lu ia Al le lu - - - - - ia Al le lu ia

Al le lu ia

1. Alleluia
2. Allelu.
3. ia... Allelu
4. ia... Allelu
5. ia

- 1 Bow with prayer mudra to centre of circle
 - 2 Spin right: hands in prayer position at first then dip, open and raise, then fall to hold circle with neighbours...
 - 3 ... 2 grapevines to right, beginning with sidestep
 - 4 Spin right 4 paces, then left 4 paces
 - 5 Hold partner's hands; turn clockwise 1½ times together to progress.
- Hold circle for a moment

A dance of joy and glory. The melody has a tricky note – (the b in the 7th bar) that will be sometimes sung incorrectly unless taught with some emphasis and attention – and yet seems to promote an exceptional degree of wellbeing, even exuberance. The steps are also tricky and require a degree of extra care in instruction. It may be better to demonstrate the arm movements in 2) without the spin first, then add the spin, and really underline the importance of finishing the spin on time so to allow the immediate grapevine that follows. In 4) there is a need to be quick too. The holding of the circle at the end allows a moment's pause so that the first prayer mudra can be done prayerfully. Praise God.