

Sufi Concentrations
James Burgess

Petersburg Zikr

Words: Traditional Music: Nasrudin

Capo 3

La il la ha La il la - - ha il la Llah hu La il la ha La il

la - - ha il la Llah hu Al lah Hu

1. *La illaha*
2. *La illaha*
3. *illa 'Llah Hu*
4. *La illaha*
5. *La illaha*
6. *illa 'Llah Hu*
7. *Allah Hu (x8)*

- 1-2 Two spins to the right, begin on la (La illaha).
- 3 4 in, raising from earth, 4 out, crossing down over heart.
- 4-5 Repeat left
- 6 Out steps only symbolic
- 7 Link elbows, sidesteps left x4, right x4.

It is effective to support this dance with a definite style of musical emphasis, more expressive and celebratory for the first section and quieter for the Allah Hu part. The change from left to right can be made obvious musically in the earlier stages until most dancers have got the rhythm.

A variation of this dance includes a middle section when the Allah Hu part repeats again and again, prompting a deeper meditative period, before returning to the given movements.