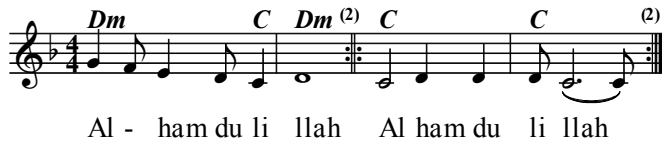


*Sufi Concentrations*  
James Burgess

*Alhamdullilah*

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Words: Traditional Music: Nasrudin



1. *Alhamdulillah* (Praise God!)
2. *Alhamdulillah*
3. *Alhamdulillah*
4. *Alhamdulillah*

Define Alphas on left and Omegas on right. Face Partner. Hold hands

- 1 Beginning on right foot Alphas make four steps forward, moving hands in same direction as feet, like a train – while Omegas walk backwards.
  - 2 Omegas walk forward and Alphas backward.
  - 3 Clap both hands with partner. Spin right on your own.
  - 4 Clap both hands with partner. Spin left on your own, progressing to new partner.
- This can be done as a round in two circles.

This is fun! A little goes a long way – so it's not suitable as a long dance. It's fire and air and can be used to acknowledge the scattered energy of a group on arrival – a good opener.