

Grace Kyrie

Words: Christian Traditional in Greek
Music and Movements: Grace Marie

Key of D (Mixolydian mode)

Am7 D Am7 D Am7 D

1
Ky - ri - e E - le - i - son Chri - ste E -

Am7 D Am7 D Am7 D

7
le - i son Al - le - lu - ia Al - le - lu - ia

Am7 D Am7 D

13
4 5
Al - le - lu - ia Al - le - lu - ia

Kyrie Eleison - Lord, have mercy

Christe Eleison - Christ have mercy

The music and movements came to me during a challenging time upon my return from Peru in November 2006. The first part of the dance is one of the heart leading the body movement in rhythm of prayer, using, from the Christian tradition, Greek words for a call to a deeper understanding of mercy, compassion and understanding. The movements in all of the alleluia's express the joyful experience of feeling this process of prayer that brings us to a deeper level of knowingness within.

1. Holding hands. Side step right, close with the left, beginning on "Ky.." of Kyrie, while shifting your head and body to the right with the heart leading. When stepping with the left foot to meet the right, the body faces back to the center. There will be two sidesteps to the right for Kyrie (R, L, R, L) and 2 for Eleison (R, L, R, L) and also 2 for Christe (R, L, R, L) and 2 for Eleison (R, L, R, L).
2. Starting on the right foot, on "A..." of Alleluia, come in 4 steps, raising arms with each step. In this first Alleluia, we are coming together as a group in joy, in following a deep prayer cycle together.
3. Release hands, step back starting on the right foot, for 4 steps, bringing hands to the heart. The second Alleluia is one of bringing to the heart, the personal experience of your prayer.
4. Face your partner, open your arms while making a half turn clockwise. The third alleluia shares this joy with one other.
5. Spin to the right on your own. Instead of the spin, one can also take that time to slowly face the center and prepare to start the dance from the beginning. The fourth Alleluia is one for all sentient beings, and also is the call for coming back to prepare for the rhythmic prayer movement once again.

