

Grandmother Ocean

Words and Music: Alicia Merlady Bennett, with additional lyrics by Gwindolyn Samia Lehman

Open tune, A; Standard, Am

Movements: Gwin Samia Lehman and Grace Marie

1. Am Am 2. Dm Am

Grand - mo - ther o - cean, grand - mo - ther o - cean, the waves roll in and the waves

4 1. Am Am 2. Dm Am

roll out. Grand - mo - ther o - cean, grand - mo - ther o - cean, the waves roll in and the waves

8 3. AmAm7 Dm Am 4. AmAm7 Dm Am

roll out. I, too, have these cy - cles in my life, I, too have these waves,

13 5. Am Am7 Dm Am Em 6. Bm Am

I, too, have these cy - cles rol-ling in and out, *rit.* In the es-sence of my be-ing.

In place of *essence*, one may use the words *seasons* or *shadow*

Dance Movements:

1. Hands, palms up, at the hara center about 3 fingers below the navel, open out, parallel to the floor, to acknowledge Grandmother Ocean, and the deep relationship and connection we have together.
2. Join hands in the circle. Take two lilting steps in on Right foot on “waves” and out on “waves” on Left foot, with held hands making a small circular motion, as a wave would.

Repeat 1 & 2

3. Face partner. With hands, palms open, outline our own body from head to toes, acknowledging and honoring the body and its cycles.
4. With palms together at the heart, fingertips point outward, “swim” past right shoulder of your partner to progress, symbolizing being one with the water, swimming easily with its support and using our power with its', to move forward.
5. With palms together with your partner at heart level, push forward and back gently like the waves of the ocean. It does not matter who starts or which direction, as it is a gesture of going with the flow, no matter where it begins, as it will create a rhythm once begun with each partner.
6. Turn to face the center, with palms inward. Cross them in front of your face and moving them down the body.