

Grace Bismillah

Key of D
(♩ = 120)

Music and movements: Grace Marie

D Am C

Bis - mil - lah _____ Bis - mi - lah _____

5 D Am C

Er Rah - man Er Ra - him _____

Bismillah Er Rahman Er Rahim is a sacred phrase from the Islamic tradition which begins every chapter but one in the Qur'an. It is considered by many to be the pillar mantra with a rough translation of "The Glorious name of *Allah*, with Mercy and Compassion." These words are recited with devotion throughout the day as it signifies the start of goodness, including one's good thoughts, words and actions, at any time and any place.

Dance Directions:

1. *Bismillah Bismillah* 2x
2. *Er Rahman Er Rahim*
3. *Er Rahman Er Rahim*

1. Holding hands in the circle, R foot toward the center of the circle, L foot is behind. Beginning with the R foot stepping toward the center of the circle on *Bis-* and rocking back on the L foot on *-lah*. Each R step toward the center is also slightly to the right, moving the circle to the right. Keep the rocking back and forth motion throughout the repeat. The arms stay close to the earth with no rowing motion.
2. Spin to the right one turn with arms raised. (Optional: The palms can face out to symbolize the Sun spin.)
3. Spin to the left one turn with arms raised. (Optional: The palms can face in to symbolize the Moon spin.)



Originator-approved write-up collected by
Dances of Universal Peace International

May 2018

KSM