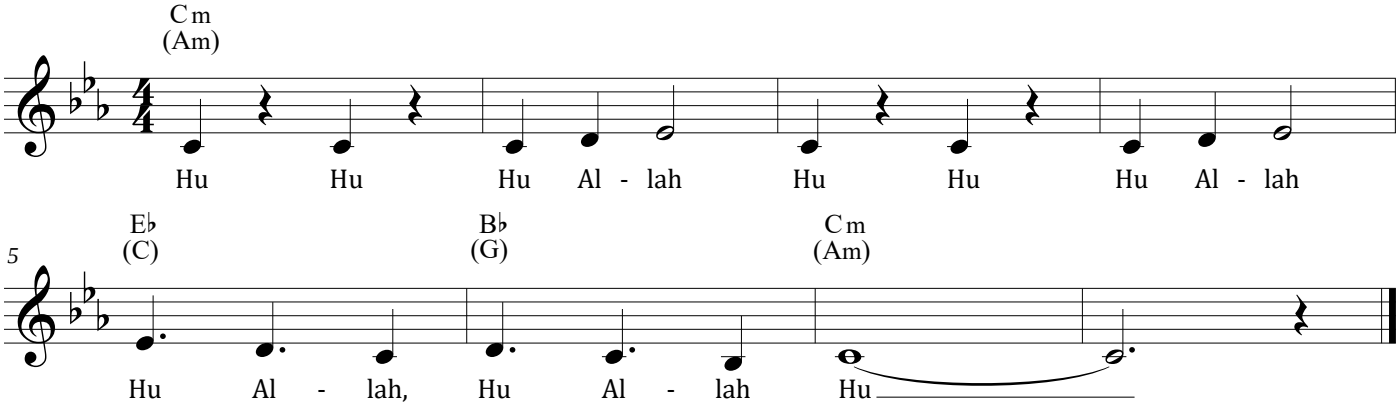
Hu Allah Mystery

Key of Cm
(guitarists capo up three frets
and play chords in parentheses)

Music & movements: Grace Marie



The Arabic words *Hu Allah* have a special meaning in my heart. *Hu* referring to breath. The word *Allah* has been used since pre-Islamic time by different religions, referring to a supreme deity and transcendent creator of the universe. When one says the word *Hu* prolonged, it is the reminder of our first breath, that gave us life through, *Allah*. This dance provides an opportunity to share the breath with those we meet on our life journey, which many times is a mystery. No matter who it is, let us share the breath together, be in the present moment and be comfortable to move on to the mystery of who or what will come next.

1. *Hu Hu Hu Allah*
2. *Hu Hu Hu Allah*
3. *Hu Allah Hu Allah*
4. *Hu*

Movements:
Begin the dance back-to-back with your partner, not touching, but close. Hands are over the heart.

1. Begin turning to your right, and as you do, begin opening your arms and heart to your partner. By the end of the phrase you will be holding each other's forearms and meeting each other's eyes.

2. Still holding forearms, bend forward and slightly to the left on the first *Hu*, then coming up and to the center on the second *Hu*, then forward and slightly to the right on the third *Hu*. And back to center on Allah.

3. Continuing the forearm hold and keeping eye contact, make a half turn in a clockwise direction.

4. Bringing the hands back to the heart, remaining in eye contact with your partner, perhaps taking a step or two back to close the gap between you and your next partner whom you will be back-to-back with as the dance begins again. You may close your eyes just before the dance begins again.

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