

exploratory trip to the USSR with the Dances in May 1988. These words expand on the themes of the original and bring the personal and collective prayers together.

Dancers take partners in circle.

1. Turn slowly with sun concentration with first partner: arms open positively from heart, turning clockwise, radiating life and joy.
2. Progress to second partner and continue to turn clockwise together, this time turning arms and hands upward, allowing a feeling of spaciousness and sharing breath with partner.
3. Progress to third partner. Still turning clockwise, hold elbows of partner straight across (right to left, left to right) in a light embrace. Progress past this partner.
4. All spin individually holding arms crossed over heart, right arm over left and fingers on own shoulders.

(Repeat 1-4 for English words)

5. All face center and begin to move slowly and gracefully together toward the center, arms extended and radiating.
6. Continue to move as one circle to the right with arms gradually finding their way around waists.
7. Continue to come closer together while moving to the right with arms around.
8. Stand still in arms around position, then slowly step backward during the pause before the cycle begins again to prepare for next partner section.

Dance continues at leader's discretion and ends with several repetitions of 8, in free harmony.

Source

Music and words: (1-4)—traditional (arranged) with additional verses (5-8) by Neil Douglas-Klotz

Dance: Neil Douglas-Klotz

THE EARTH IS OUR MOTHER

(open tuning, key of C minor, capo 5th fret; standard tuning, key of C minor or key of A minor, follow alternate chords)

1. The earth is our mother
We must take care of her
The earth is our mother
We must take care of her
2. Unite, my people be one
Unite, my people be one
3. Her sacred ground we walk upon
With every step we take
Her sacred ground we walk upon
With every step we take
4. Unite my people, be one
Unite my people, be one

This Dance is inspired by the Native American philosophy and attitude toward "grandmother earth" as the sustainer, supporter and creatrix of life. We, the two-leggeds, are enjoined by the mother's prayer, "Unite my people, be one," as any mother would pray that her children (whatever race, creed, etc.) be one.

The Earth— is our mo— ther we must take care of her, the
 Earth— is our Mo— ther we must take care of her.
 U— nite— my peo— ple, Be— One
 U— nite— my peo— ple Be— One. Her
 sac— red ground we walk up— on with ev— ry step we take, Her
 sac— red ground we walk u— pon with ev— ry step we take.
 U— nite— my peo— ple Be— One.
 U— nite— my peo— ple, Be— One. The

This Dance was also shared during an exploratory trip to the Soviet Union in May 1988 which brought Soviets and Americans together singing "Obiey-dien-niay-tiese / lyude-fvsie / kak a-deen" (Russian transliteration of "Unite, my people, be one"). The Dances were first shared at a high school in Leningrad during this trip; preceding the English language version on the tape is a recording from this circle, which was primarily composed of Soviet teenagers. The second part of the recording occurred at the Lama Dance Camp 1988 at Lama Foundation in New Mexico.

Instrumentation should be sparse, primarily drum. Although there is notation for guitar accompaniment, the guitar is not a traditional Native American instrument and so should be understated.

Version 1

1. Hands on shoulders in a circle, move "sun-wise," that is left, while sidestepping in rhythm to the drum beat. The first sidestep is taken with the left foot on "earth."
2. Lightly stepping in place, sweep arms out to sides and up, as if one is gathering the people while singing "Unite my people." On "be one," hands and arms lower to rest on neighbors' shoulders. Repeat phrase and movement.
3. Dancers now walk in line of direction to the left, with hands clasped behind backs in an attitude of humility, paying attention to how one steps on the earth.

4. Repeat 2.

Version 2

1. Holding hands in a circle, move "sun-wise," that is left,

while sidestepping in rhythm to the drum beat. The first sidestep is taken with the left foot on "earth."

2. Lightly stepping in place, sweep arms out to sides and up, as if one is gathering the people while singing "Unite my people." On "be one," the arms are fully raised slightly in front of body and fingertips touch at the apex. In this extended position, the arms of the circle form the poles of a lodge, a dwelling for all the peoples of the earth. Repeat phrase and movement.

3. Dancers now walk in line of direction to the left, with hands clasped behind backs in an attitude of humility, paying attention to how one steps on the earth.

4. Repeat 2.

Source

Music and words: traditional

Dance: Version 1 - Yakzan Valdez

Version 2 - Tasnim Hermila Fernandez

BEAUTY WAY DANCE

(best in open tuning, key of D, capo 7th fret)

1. I walk with beauty before me
2. I walk with beauty behind me
3. I walk with beauty above me
4. I walk with beauty below me
5. I walk with beauty all around me

6. As I walk the beauty way.

Repeat 5-6.

7. My thoughts will all be beautiful, Ho!

8. My words will all be beautiful, Ho!

9. My actions will all be beautiful, Ho!

10. As I walk my life the beauty way.

Repeat 5-6 twice as a chorus.

The Navajo people believe that the universe is engaged in a grand cosmic concert and is full of *hózhó*, a word which means peace, harmony, beauty and many related ideas. The words to this Dance are from the Navajo Beauty Way Ceremony, an important healing ritual to restore *hózhó* when disharmony has occurred. The movements of the Dance honor the four directions as well as the teachings of the Navajo creation myth that no matter how extensive evil (*hóchó*) has become, regeneration of *hózhó* is always possible. (Note that the words of lines 7-9 have been changed from the original musical recording; Navajo prayers are always stated as affirmations.)

1. Facing right, take four steps in the line of direction, caressing the space in front with hands, palms outward.
2. Turn right a quarter turn and take four steps out, hands caressing space behind.
3. Turn right another quarter turn and take four steps in the line of direction (which is now to the left), moving hands in space overhead.