

Om Namah Shivaya.

Basic Movements. Holding Hands in circle.

1. Om Namah Shivaya . Two side-steps right. RLRL
2. Om Namah Shivaya , Two side steps left LRLR
3. Repeat 1
4. Repeat 2
5. Om Namah Shivaya . 4 steps into centre raising hands. RLRL
6. Om Namah Shivaya , 4 steps out of circle lowering hands. LRLR
7. Repeat 5
8. Repeat 6
9. Om Namah Shivaya. Om Namah Shivaya. Turning/spinning clockwise
10. Om Namah Shivaya , Om Namah Shivaya. Turning/spinning anti-clockwise

Dance begins with slow tempo and gradually increases until it reaches the limit of the dancers' capacity. Then it slows again. Lots of alternating of male and female voices. This helps keep it going. This dance can be done for an extended period -Mantric Zikr.

Music traditional, movements Philip.