

# Allaha Ruhau

Words: Traditional

Music and movements: Tansen Philip O'Donohoe

♩ = 92

Capo fret 5

Am	Am <sup>7</sup> /G	F <sup>maj7</sup>	G
Dm	Dm <sup>7</sup> /C	B <sup>b</sup> <sup>maj7</sup>	C

Al - la - ha, Al - la - ha, Al - la - ha, Al - la - ha,

Dm	Am <sup>7</sup>	G	Am <sup>7</sup>	Am	Em <sup>7</sup>
Gm	Dm <sup>7</sup>	C	Dm <sup>7</sup>	Dm	Am <sup>7</sup>

Ru hau.

Translation: *Allaha Ruhau* means God is breath.

Dance Directions:  
Establish Partners

## Part 1

Dancers join hands in circle

1. *Allaha Allaha*. Beginning on the right foot dancers walk anti-clockwise slowly and effortlessly raising hands bending at the elbows. The movement of the arms is similar to movement and feeling in Tai Chi - feeling the Chi energy raising the arms without anyone actually doing anything.
2. *Allaha Allaha*. Dancers continuing to walk anti-clockwise slowly lowering arms.
3. *Ruhau*. Dancers turn clockwise slowly and spaciouly feeling breath within and all around. Arms raise to be open and flowing. In the Breath of God in whom we live and move and have our being so to speak.
4. *Allaha Allaha*. Beginning on the left foot dancers walk clockwise as in 1.
5. *Allaha Allaha*. Dancers continuing to walk clockwise lowering arms.
6. *Ruhau*. Dancers turn anti-clockwise with the same movement and feeling as in 3.

This part repeats for some time until the dancers are fully attuned to the breath of the circle, the breath surrounding dancers and the breath within.

## Part 2

Partners face each other holding hands.

7. *Allaha Alaha*. Turning clockwise Partners raise hands together in a flowing effortless way allowing the movement to be free rather than to linear.
8. *Allaha Alaha*. Continuing to turn clockwise partners lower hands. Partners end up facing each other ready to progress in line of direction.
9. *Ruhau*. Dancers progress arms raised, open and flowing, turning as they move on to come to face new partners.

This series of movements continues indefinitely. When the dance feels cooked the leader calls out "Last time with partners".

## Part 3

A few repetitions of the movements of Part 1 ends this dance. No more than two or three repetitions.



Originator-approved write-up collected by  
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Notation by Wayne Rollack