

LET'S MOVE

by Janet Litherland



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PRODUCTION NOTES

Liturgical Dance, or Interpretive Movement, is a form of religious expression that has been around for centuries, from the joyous circle dances of the early Christians to the slow-motion kneeling of a lonely soul in search of God. In the early part of the 20th century, dancing as a sacred art, was neglected, yes, even discouraged by many religious leaders; however, in recent years it is once again finding its place in worship. "A time to mourn and a time to dance," the Bible tells us. Perhaps this is the time for a fresh source of inspiration.

Here are some important points for dancers to remember:

1. The purpose of liturgical dance is worship, not entertainment.
2. Intense concentration on the material being interpreted is essential to worship, both for the dancers and for the observers.
3. The face should express inner feelings — pain, happiness, distress, hope, etc.
4. Dancers do not sing or speak while interpreting. Material is presented by a singing or speaking choir, an ensemble, a soloist, an instrument, or a narrator.
5. Dancers must "warm up" with simple exercises before the rehearsal and before the service.

Costume Suggestions: The easiest to acquire and perhaps most effective costume is a choir robe. It should be fastened at the wrists.

There are many possible variations — a sash at the waist, a mantle or stole secured across the shoulders, a long wrap which entwines the waist and sweeps up to cover the head, etc. Another good costume is a leotard and stockings, covered by a knee-length tunic. Bare feet, stocking feet, or soft sandals will provide the quiet movement necessary for dance worship.

Creative Suggestions: As the dance group matures in ability and dedication, it will want to design its own choreography. This is ideal, for the dance then becomes a true expression of the dancers' own inner feelings. Psalm 23, The Beatitudes (Matt. 5:3-12), "Were You There," "Christ the Lord is Risen

Today," "O Holy Night," "The Doxology," and "The Creation" (*Poem by James Weldon Johnson*) all lend themselves beautifully to interpretation.

The dances in this collection may be adapted to fit any size group simply by combining movements or by combining dancers on specific movements. Create, concentrate, and worship!

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MUSIC RESOURCES

#1 — I Will Lift Up Mine Eyes (Psalm 121)

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Starting position: Full kneel, standing tall on the knees, facing front; head bowed.

I will lift up mine eyes unto the hills

Raise head slowly until lifted high; focus eyes up.

From whence cometh my help.

Arms straight up as if in appeal; focus is still up.

My help cometh from the Lord,

Arms, still stretched upward, come together with fingertips touching.

Which made heaven and earth.

Arms, still up, spread out to sides on *heaven*: arms move straight down to waist level on *earth*, palms down; at the same time, rise to the feet.

He will not suffer thy foot to be moved.

Turn completely around to the left, curved arms following at waist level.

He that keepeth thee will not slumber.

Both arms stretch up right on *keepeth*, weight is on extended right foot; arms cross over heart on *slumber*; focus up.

Behold, he that keepeth Israel shall neither slumber nor sleep.

Repeat previous movements, this time to the left on *keepeth*; arms cross over heart on *slumber*; shift weight back to right leg and bow low on *sleep*, facing diagonally left, arms extended in back; legs remain straight.

The Lord is thy keeper:

Face front, feet apart, arms move up and out; focus up.

The Lord is thy shade upon thy right hand.

Turn completely around to the right, arms extended at waist level.

The sun shall not smite thee by day,

Facing front, step left with left arm extended up left, right arm down at side; right arm sweeps up left and to the right, weight balancing on both feet on *day*.

1 Nor the moon by night.

2 **Repeat movements of previous line in reverse, ending on**
 3 **night with weight balanced, arms up and out.**

4 The Lord shall preserve thee from all evil:

5 **Arms, still up, move together, fingertips touching; focus**
 6 **up.**

7 He shall preserve thy soul:

8 **With fingertips still together, lower the arms to prayer**
 9 **position; head bowed.**

10 The Lord shall preserve thy going out

11 **Lower arms to sides; step forward on right foot, then on**
 12 **left, standing tall.**

13 And thy coming in

14 **Left foot still forward, shift weight to right leg and bow**
 15 **low, legs straight; arms extended in back.**

16 From this time forth,

17 **Feet and legs the same, weight on right leg; raise arms**
 18 **straight up, bending slightly backward; focus up.**

19 And even for evermore.

20 **Move left leg back, kneeling on left knee; head bowed;**
 21 **arms down at sides.**

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#2 — Ye Are the Salt of the Earth (Matthew 5:13-16)

Starting position: Stand facing front, feet together, arms at sides; head bowed.

Ye are the salt of the earth:

Feet apart, weight evenly balanced; arms out to sides, pointing downward, fists clenched; focus straight ahead.

But if the salt have lost its savour,

Arms slowly down, fists open, fingers curved and limp; focus follows downward movement.

Where with shall it be salted?

Arms extend front from elbows at waist level; focus front.

It is thenceforth good for nothing,

Hold above position and remain still.

But to be cast out,

Hands turn over, palms down in a “dumping” motion.

And to be trodden under foot of men.

Hands to sides; body bends slightly forward as right knee rises; right foot then steps slightly forward; repeat motion with left leg and foot, ending with feet together.

Ye are the light of the world.

Arms extend forward on Ye; arms swing down on *light*, then high to the sides with fists clenched on *world* (As if holding candlesticks).

A city that is set on a hill cannot be hid.

Arms high, hands extended up, turn completely around to the left; ending facing front, arms up and out, feet apart.

Neither do men light a candle and put it under a bushel,

Bring feet together by moving the right to meet the left; stoop low; hands clasped together on floor.

But on a candlestick.

Part the arms and raise them to shoulder level, fists clenched (As if holding candlesticks).

And it giveth light unto all that are in the house.

1 **Rise slowly, arms and hands the same.**
2 Let your light so shine before men,
3 **Turn completely around to the left, arms and fingers**
4 **extended at waist level, palms down.**
5 That they may see your good works
6 **Step right with right foot; face diagonally right; arms**
7 **sweep up right; focus up right.**
8 And glorify your father which is in heaven.
9 **Still facing diagonally right, kneel on left knee; arms**
10 **extended in back; head bowed.**
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#3 — Fairest Lord Jesus

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- 3 **Starting position: Persons stand in straight lines,**
- 4 **staggered so that all can be seen. Begin with hands at**
- 5 **sides, heads bowed.**
- 6 Fairest Lord Jesus,
- 7 **Raise right arm up right; head and eyes follow.**
- 8 Ruler of all nature,
- 9 **Left arm moves right at waist level, then passes back**
- 10 **across body; right arm stays up; focus follows left arm.**
- 11 O thou of God
- 12 **Left arm extends up left.**
- 13 And man the son,
- 14 **Arms still up, turn completely around left in four steps**
- 15 **beginning with left foot on *man*.**
- 16 Thee will I cherish,
- 17 **Both arms sweep up right on *thee* as right foot steps out**
- 18 **right; make “cradle” with arms, rocking once left then**
- 19 **back on *cherish*.**
- 20 Thee will I honor,
- 21 **Both arms sweep up left on *thee*; then half kneel on right**
- 22 **knee, arms out in back, head bowed.**
- 23 Thou, my soul’s glory, joy, and crown.
- 24 **Raise head. Arms out to sides on *glory*; rise on *joy*, arms**
- 25 **up, fingertips together; focus up and hold.**
- 26 Fair are the meadows,
- 27 **Group divides: Left side assumes starting position. Right**
- 28 **side turns completely around right, arms extended from**
- 29 **elbows.**
- 30 Fairer still the woodlands,
- 31 **Reverse above directions.**
- 32 Robed in the blooming garb of spring:
- 33 **All: Begin hands at sides, head bowed. Raise hands slowly**
- 34 **up close to body, stretching overhead in “awakening”**
- 35 **motion; focus straight overhead.**

- 1 Jesus is fairer,
 2 **Right side: Pass hands beside face and return to starting**
 3 **position; hold through next line. Left side hold as above**
 4 **line.**
 5 Jesus is purer,
 6 **Left side: Follow above directions.**
 7 Who makes the woeful heart to sing.
 8 **All: Cross hands over heart; pass them in front of mouth,**
 9 **up and out, on *sing*.**
 10 Fair is the sunshine,
 11 **All to full kneel, except one person who makes a full circle**
 12 **with arms on *sunshine*. Person kneels slowly on next line.**
 13 Fairer still the moonlight,
 14 **Another person rises and turns completely around in**
 15 **place, hands clasped overhead. Hold for next line.**
 16 And all the twinkling starry host:
 17 **Group rises one at a time — no special order. Each turns**
 18 **completely around (*Arms down*), not stopping until the**
 19 **next line.**
 20 Jesus shines brighter,
 21 **Left arm up left on *Jesus*; right arm up right on *brighter*.**
 22 Jesus shines purer,
 23 **Left arm down left on *Jesus*; right arm down right on**
 24 ***purer*.**
 25 Than all the angels heaven can boast.
 26 **Left arm circles in front of body to up left on *angels*; right**
 27 **arm repeats to up right on *heaven*; “reinforce” gesture**
 28 **on *boast*; focus up.**
 29 Amen.
 30 **Hands cross each other on *Ah*; back to position on *men***
 31 **as heads bow. (*Arms still up*)**
 32
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#4 — Holy, Holy, Holy! Lord God Almighty

Starting position: Three persons are in half kneel, side by side on left knee, heads bowed, arms at sides.

Holy, holy, holy! Lord God almighty!

Hold position; rise slowly, beginning on *Lord*, head bowed and arms at sides.

Early in the morning

Stretch arms up and raise head as if “awakening.”

Our song shall rise to thee;

Arms circle out, down, around and back up, slightly to sides; focus up; feet apart.

Holy, holy, holy! Merciful and mighty;

Arms lower slowly to chest level, hands to prayer position on first phrase; then open slowly and clench fists as arms stretch down and out to sides on second phrase; focus is still up; feet same.

God in three persons,

Person on one end brings feet together; hands stretch up and out, fingers touching in prayer position; focus up.

Person in center moves to half kneel, standing tall on the right knee; hands stretch up and out, fingers touching in prayer position; focus up. Person on other end moves to full kneel sitting on the heels; hands stretch up and out, fingers touching in prayer position; focus up.

Blessed Trinity!

Positions remain the same, except for heads which bow slowly.

Holy, holy, holy!

Person standing lowers arms and moves behind center person, standing straight, arms at sides, back to the audience.

Though the darkness hide thee,

Center person lowers arms, rises and turns back to the audience, standing directly behind first person, arms at sides.

- 1 **Though the eye of sinful man thy glory may not see;**
 2 **Seated person rises, lowers arms and moves center,**
 3 **standing directly in line with the other two, back to**
 4 **audience, arms at sides.**
- 5 **Only thou art holy: There is none beside thee,**
 6 **All arms move as one person, rising slowly on *only* and**
 7 **reaching directly overhead, palms together on *thee*; focus**
 8 **is straight ahead (*Backs still to audience*).**
- 9 **Perfect in power,**
 10 **On the word, *power*, the person farthest from audience**
 11 **spreads arms out, but still up, fists clenched; center**
 12 **person stretches arms straight out to sides, fists clenched;**
 13 **person closest to the audience lowers arms, stretches them**
 14 **down and out, fists clenched.**
- 15 **In love, and purity.**
 16 **Person with arms up brings palms together again**
 17 **overhead; center person opens hands, palms down;**
 18 **person with arms down and out lowers them to sides,**
 19 **holding them flat against the body. They have formed a**
 20 **cross.**
- 21 **Holy, holy, holy! Lord God almighty!**
 22 **Persons join hands and circle left. Raise the clasped**
 23 **hands on *Lord* and continue circling.**
- 24 **All thy works shall praise thy name in earth and sky and sea**
 25 **Release hands, lower arms to waist level and circle slowly**
 26 **left, individually, in place.**
- 27 **Holy, holy, holy! Merciful and mighty**
 28 **Return to original places and repeat directions for lines**
 29 **four and five.**
 30
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#5 — Silent Night, Holy Night

NOTE: This dance is performed entirely on the knees. If the chancel area is not elevated, a platform is desirable so that dancers can be seen by the entire congregation.

Starting position: Full kneel, sitting on heels; head bowed to floor; arms extended in back on floor.

Silent night, holy night,

Rise slowly to sit on heels; head up, focusing straight ahead; arms at sides.

All is calm,

Hands meet in center, arms extended at waist level, then move slowly out to sides, palms down.

All is bright

Hands meet in center again, arms extended at waist level, then move slowly up and out.

Round yon Virgin Mother and child.

Rise to knees; hands meet above the head, left palm over right hand, arms curved to form a halo around the head; on *child* the arms and hands in same position move to waist level forming a cradle; focus on the cradle.

Holy infant so tender and mild,

Rock left, then right, then left, then right; focus on cradle.

Sleep in heavenly peace,

Hands come apart; both arms sweep up left, right arm slightly lower than left; focus up left.

Sleep in heavenly peace.

Sit on heels; hands together in prayer position, head bowed.

Silent night, holy night,

Lower the head to floor, arms extended in back on floor.

Son of God, love's pure light

Rise to knees, bringing fingers together in prayer position; continue moving arms up and out, hands still together; focus up.

- 1 Radiant beams from thy holy face,
- 2 **Hands come apart and pass both sides of the face as arms**
- 3 **move slowly downward.**
- 4 With the dawn of redeeming grace,
- 5 **Arms extend out at waist level, palms up; focus out.**
- 6 Jesus, Lord, at thy birth,
- 7 **Arms cross over chest; head bowed.**
- 8 Jesus, Lord, at thy birth.
- 9 **Head slowly lifts upward; focus up.**
- 10 Silent night, holy night,
- 11 **Body lowers slowly to sit on heels; arms and focus remain**
- 12 **the same.**
- 13 Wondrous star, lend thy light;
- 14 **Right arm up right on *star*, right arm lowers slowly, palm**
- 15 **down on remaining phrase; focus follows right hand.**
- 16 With the angels let us sing
- 17 **Both hands to floor, then lift them to either side of mouth**
- 18 **on *sing*.**
- 19 Alleluia to our king;
- 20 **Rise tall, standing on knees; arms extend up and out;**
- 21 **focus up.**
- 22 Christ the Savior is born,
- 23 **Arms make complete circle out, down, around and up,**
- 24 **returning to up and out position.**
- 25 Christ the Savior is born.
- 26 **Lower body slowly to heels; head to floor; arms on floor,**
- 27 **extended in back.**
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#6 — The Lord's Prayer

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- 3 **Starting position: Stand facing left (*Profile*); arms at sides;**
- 4 **head bowed; eyes closed.**
- 5 Our Father
- 6 **Hands in prayer position, lift fingertips to lips — head**
- 7 **still bowed and eyes closed.**
- 8 Which art in heaven,
- 9 **Hands same, extend arms out and up, pointing toward**
- 10 **God; head up; eyes open and focus up.**
- 11 Hallowed be thy name.
- 12 **Arms down and back; right leg behind left; back bent**
- 13 **forward; head down; legs straight.**
- 14 Thy kingdom come.
- 15 **Right leg turns front and weight shifts to it; arms up left,**
- 16 **the right arm slightly lower, palms curved inward.**
- 17 Thy will be done on earth,
- 18 **Right arm moves slowly down and across body to the**
- 19 **right, palms down.**
- 20 As it is in heaven.
- 21 **Face front, feet apart; arms up and out.**
- 22 Give us this day our daily bread.
- 23 **Half kneel on left knee, facing right; hands to floor slowly**
- 24 **rise as “growing grain.”**
- 25 And forgive us our trespasses/debts,
- 26 **Arms cross over chest; head bowed; focus down.**
- 27 As we forgive those who trespass against us/our debtors.
- 28 **Same — hold still.**
- 29 And lead us not into temptation,
- 30 **Rise. Turn body left and put weight on left foot; arms up**
- 31 **right as if shielding off evil; head turned right.**
- 32 But deliver us from evil:
- 33 **Arms sweep up left; feet together; focus up left.**
- 34 For thine is the kingdom,
- 35 **Face front in two steps — right and left on *thine* — feet**

- 1 **together; arms at sides begin to rise on *kingdom* to waist.**
2 And the power,
3 **Arms cross each other and back, straight out to sides,**
4 **fists clenched. (*Feet still together*)**
5 And the glory,
6 **Arms cross once again, ending up and out, fists clenched;**
7 **feet move apart to strong position; focus upward.**
8 Forever.
9 **Open hands in a “reinforce” gesture — a dramatic**
10 **opening; focus up.**
11 Amen.
12 **Half kneel on left knee; arms out in back; head bowed.**
13 Amen.
14 **Full kneel; sit on heels; arms same; head lowers slowly**
15 **to knees as last strains of music are heard.**
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#7 — Praise God, from Whom All Blessings Flow

Starting position: Feet together; hands at sides; head bowed.

Praise God, from whom all blessings flow;

Feet apart as arms swing up and out on *God*; arms slowly down at sides to waist level, sweeping out front on *flow*, palms up.

Praise him all creatures here below;

Both arms up right on *praise*. Left arm moves slowly down and to the left, finishing on *below*.

Praise him above, ye heavenly host;

Bend slightly forward at waist, arms moving together to the left; straighten the body as arms circle up and to the right; bend once again and continue circle, ending straight with arms up left.

Praise Father, Son, and Holy Ghost.

Bend at waist, still facing slightly left, as arms are lowered and extended in back of body. Legs are straight, head bowed low.

Amen.

Straighten (*Still facing slightly left*) and reach up left with both arms on *ah*; feet apart, arms up and out to sides on *men*. Focus up.

#8 — Fill My Cup, Lord

- 1
2
3 **Starting position: Back to audience; feet together; arms**
4 **at sides; head bowed.**
5 Like the woman at the well I was seeking
6 **Both arms extend up right on *well*; both arms sweep up**
7 **left on *seeking*; focus with the movement.**
8 For things that could not satisfy.
9 **Turn to face audience, both arms out left on *things*, palms**
10 **down; both arms out right on *could not*, palms down;**
11 **arms extend to audience on *satisfy*, palms up.**
12 And then I heard my Savior speaking:
13 **Arms up and out; focus up.**
14 “Draw from my well that never shall run dry”
15 **Half kneel on right knee; arms at sides; head bowed.**
16 *Fill my cup, Lord, I lift it up, Lord.
17 **Extended arms rise slowly to chest level, hands together**
18 **forming a cup; focus up.**
19 Come and quench this thirsting of my soul.
20 **Arms cross over chest; focus up.**
21 Bread of heaven, feed me til I want no more,
22 **Right arm up and out in front, palm down, on *heaven*;**
23 **left arm repeats gesture on second half of phrase; focus**
24 **up.**
25 Fill my cup,
26 **Lower the extended arms to chest level, once again**
27 **forming a cup with the hands; focus on cup.**
28 Fill it up and make me whole.**
29 **Hands together in prayer position, move to chest; head**
30 **bowed.**
31 There are millions in this world who are craving
32 **Rise, feet slightly apart, left hand at side, right hand**
33 **extended left at waist level; right hand moves slowly**
34 **right, palm down; focus on hand.**
35 The pleasure earthly things afford.

1 **Leaving right hand out right, repeat the gesture in**
 2 **reverse with the left hand.**

3 But none can match the wondrous treasure

4 **Turn completely around to the left in place, curved arms**
 5 **following at waist level.**

6 That I find in Jesus Christ, my Lord.

7 **Face front, feet apart; arms rise up and out; fists clench**
 8 **on Lord; focus up.**

9

10 **Standing, repeat directions from * to ****

11

12 So, my brother, if the things this world gave you

13 **Arms extended out to audience, palms up; focus straight**
 14 **ahead.**

15 Leave angers that won't pass away,

16 **Turn head to the right and place right forearm across**
 17 **forehead, fingers extended and palm out; left arm down**
 18 **and to the left, palm forward.**

19 My blessed Lord will come and save you

20 **Arms up and out; focus up.**

21 If you kneel to him and humbly pray:

22 **Half kneel on right knee; arms at sides; head bowed.**

23

24 **Repeat directions from * to ****

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1 **#9 — We Are Climbing Jacob's Ladder**

2

3 *NOTE: Two verses are given. They will suggest ideas for similar-*
 4 *style movement on additional verses.*

5 **Starting position: Four people stand side-by-side, backs**
 6 **to audience; arms at sides; heads bowed.**

7 We are

8 **Person on one end turns front; focus out.**

9 Climbing

10 **Next one does same.**

11 Jacob's

12 **Next does same.**

13 Ladder.

14 **Last person does same.**

15 We are

16 **First person steps forward on left foot, then brings right**
 17 **foot to meet left.**

18 Climbing

19 **Next does same.**

20 Jacob's

21 **Next does same.**

22 Ladder.

23 **Last person does same.**

24 We are climbing Jacob's ladder,

25 **Repeat last four lines.**

26 Soldiers of the cross.

27 **Half kneel on right knee; arms at sides; focus out.**

28 Every

29 **First person extends arms out and down towards floor;**
 30 **palms down.**

31 Round goes

32 **Next extends arms out at waist level; palms down.**

33 Higher,

34 **Next extends arms out at shoulder level.**

35 Higher.

1 **Last person stretches arms overhead.**

2 Every

3 **First person rises, arms down.**

4 Round goes

5 **Next rises, arms at waist level.**

6 Higher,

7 **Next rises, arms at shoulder level.**

8 Higher.

9 **Last person rises, arms overhead.**

10 Every

11 **First person stretches arms overhead.**

12 Round goes

13 **Next does same.**

14 Higher,

15 **Next does same.**

16 Higher.

17 **All persons clench fists dramatically and focus up.**

18 Soldiers of the cross.

19 **All persons bring fingertips together in prayer position**
 20 **overhead; bow heads.**

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