

LET'S MOVE AGAIN

by Janet Litherland



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PRODUCTION NOTES

"Let's Move Again!" is intended as a supplement to the first collection, "Let's Move," which includes costume suggestions and suggestions for group creativity.

Basics to remember:

1. Begin with warm-up exercises and group meditation to establish the mood.
2. Follow the movement with the eyes; be expressive.
3. Keep the mouth closed — interpretation is silent.
4. Move in slow motion, using entire phrases to complete the patterns.
5. Liturgical dance is worship, not entertainment.

Scripture-music combinations are introduced in this collection. They combine Scripture reading with instrumental music and can be extremely effective if well-rehearsed. Soft, background music is played by organ or piano, and Scripture is read by a single narrator. Dancers interpret the Scripture, not the music.

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SCRIPTURE

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HYMNS

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COMBINATIONS (Scripture and Music)

- 8. The Prophecy (Advent)**
- 9. The Risen Lord (Easter)**
- 10. To Everything There Is a Season**

MUSIC RESOURCES

#1 — The Lord is My Shepherd (Psalm 23)

- 2
- 3 **Starting position: Face front, feet together, arms at sides,**
 4 **head bowed.**
- 5 The Lord is my shepherd; I shall not want.
- 6 **Move hands to prayer position, fingertips together,**
 7 **touching lips; still together, hands stretch up and out;**
 8 **head also moves up; eyes focus up.**
- 9 He maketh me to lie down in green pastures:
 10 **Arms move down slowly, parting at waist level and**
 11 **stretching out to sides.**
- 12 He leadeth me beside the still waters.
 13 **Turn slightly left, kneeling on right knee; hands touch**
 14 **floor at sides, then lift to waist level.**
- 15 He restoreth my soul:
 16 **Still kneeling, the arms continue rising as body bends**
 17 **slightly back.**
- 18 He leadeth me in the paths of righteousness.
 19 **Rise slowly, still facing slightly left; arms move down to**
 20 **sides; stand very tall — left foot is still in front of right**
 21 **as when kneeling.**
- 22 For his name's sake.
 23 **Arms cross over heart.**
- 24 Yea, though I walk through the valley of the shadow of death,
 25 **Step forward (*Moving diagonally left*) on the right foot, then**
 26 **the left; both arms sweep right at shoulder level as if**
 27 **shielding from trouble. Focus right.**
- 28 I will fear no evil:
 29 **Pivot right without moving feet; arms to sides.**
- 30 For thou art with me;
 31 **Turn front, feet apart, arms up and out; focus up.**
- 32 Thy rod and thy staff they comfort me.
 33 **Arms cross over chest.**
- 34 Thou preparest a table before me in the presence of mine enemies:
 35 **Turn completely around in place, moving left, curved arms**

- 1 **following at waist level.**
2 Thou anointest my head with oil;
3 **Facing front, step back on left foot and bow low, keeping**
4 **legs straight; arms extend back.**
5 My cup runneth over.
6 **With weight on left foot, rise out of bow, stretching arms**
7 **up; head bent slightly back; focus up.**
8 Surely goodness and mercy
9 **Move right foot to balance weight evenly, feet apart; sway**
10 **right, leading with both arms, on *goodness*; sway left,**
11 **leading with both arms, on *mercy*.**
12 Shall follow me all the days of my life:
13 **Turn completely around in place, moving right, curved**
14 **arms following at waist level.**
15 And I will dwell in the house of the Lord forever.
16 **Face front, feet apart, arms up and out on *dwell*; hands**
17 **together in prayer position (*Arms still extended on Lord*);**
18 **arms at sides and head bowed on *forever*.**
19
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#2 — America the Beautiful

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- 3 **Starting position: Stand with feet together, arms at sides;**
- 4 **heads bowed.**
- 5 O beautiful for spacious skies,
- 6 **Step left on *beautiful*; slowly raise both arms up left.**
- 7 For amber waves of grain,
- 8 **Right arm lowers and moves out to right side, waist level.**
- 9 For purple mountain majesties
- 10 **Left foot meets right on *purple* as fingertips meet in**
- 11 **front — arms straight down. Arms quickly overhead on**
- 12 ***majesties*, fingertips still together.**
- 13 Above the fruited plain!
- 14 **Kneel on left knee; arms straight back as body bends**
- 15 **slightly forward, head bowed.**
- 16 America! America!
- 17 **Rise quickly, feet apart, arms up and out on first *America*;**
- 18 **arms circle out, down, around and up — returning to**
- 19 **same position on second *America*.**
- 20 God shed his grace on thee,
- 21 **Arms slowly to waist level in front of body, palms down;**
- 22 **hands meet on *on*; hands out to sides on *thee*. (*One***
- 23 *continuous movement*)
- 24 And crown thy good with brotherhood
- 25 **On *crown*: Feet together and clasp hands with neighbor.**
- 26 **On *brotherhood*: Raise clasped hands overhead.**
- 27 From sea, to shining sea.
- 28 **Turn backs to audience slowly in three steps beginning**
- 29 **on left foot — 1 *sea*, 2 *shining*, 3 *sea*. Arms are curved out**
- 30 **gracefully at waist level, ending with palms down.**
- 31 O beautiful for pilgrim feet,
- 32 **Face left on *beautiful*, arms down at sides; step forward**
- 33 **with left foot on *pilgrim* — right foot on *feet*.**
- 34 Whose stern, impassioned stress
- 35 **Continue walking — left, right, left, right.**

- 1 A thoroughfare for freedom beat
 2 **Pivot left on *thorough*; step forward with right foot on**
 3 ***fare*; continue — left, right.**
 4 Across the wilderness!
 5 **Kneel on left knee; focus straight ahead, arms straight**
 6 **at sides.**
 7 America! America!
 8 **Up quickly on A. Face forward on *mer*. Feet apart, arms**
 9 **up and out on *ica*. Arms circle out, down, around and**
 10 **up — returning to same position on second *America*.**
 11 God mend thine every flaw.
 12 **Arms slowly to waist level in front of body, palms down;**
 13 **hands meet on *every*; hands out to sides on *flaw*. (*One***
 14 ***continuous movement*)**
 15 Confirm thy soul in self control,
 16 **Feet together on *firm* as hands cross over chest; keeping**
 17 **wrists together, move arms slightly forward, turning**
 18 **palms to audience.**
 19 Thy liberty in law.
 20 **Kneel on left knee, then both knees; sit on heels. Arms**
 21 **straight down.**
 22 O beautiful for heroes proved
 23 **Raise arms to chest level, palms up.**
 24 In liberating strife,
 25 **Raise body to knees; arms same.**
 26 Who more than self their country loved,
 27 **Bring right foot to floor on *self*; right hand to heart on**
 28 ***country*; left arm at side.**
 29 And mercy more than life!
 30 **Hands out at chest level, fingertips together in prayer**
 31 **position.**
 32 America! America!
 33 **Rise quickly, feet apart, arms up and out on first *America*;**
 34 **arms circle out, down, around and up — returning to**
 35 **same position on second *America*.**

1 May God thy gold refine.
 2 **Arms slowly to waist level in front of body, palms down;**
 3 **hands meet on *gold*; hands out to sides on *refine*. (*One***
 4 ***continuous movement*)**
 5 Til all success be nobleness.
 6 **Left foot meets right foot on *success*. Arms to sides on**
 7 ***nobleness*.**
 8 And every gain divine
 9 **Fingertips together at chest, head bowed on *gain*. Raise**
 10 **arms slowly up overhead. Hands come apart as last notes**
 11 **are heard. Focus up.**
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#3 — Be Still My Soul

(For Two Dancers)

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Starting position: Dancer #1 stands center, arms at sides, head bowed; Dancer #2 kneels right of Dancer #1, sitting on heels, hands at sides, head bowed.

Be still, my soul: The Lord is on thy side;

#1: Hands together in prayer position; fingertips meet on soul, head still bowed; arms reach slowly up and out, hands still together; focus up.

#2: Hands up to face, cupping head in hands, hold position for entire phrase.

Bear patiently the cross of grief or pain;

#1: Arms down right, placing hands on shoulders of #2 on pain.

#2: Holds above position.

Leave to thy God to order and provide;

#1: Steps left, arms sweeping up left on God; with feet in same position, pivot toward #2, bending slightly with arms extended in front at waist level, palms up.

#2: Head slowly follows action of #1; hands remain cupped in front.

In every change he faithful will remain.

#1: Cross behind #2 to other side; facing slightly left, assume strong stance — feet apart, arms down and out at sides, fists clenched — on faithful.

#2: Head follows action of #1; hands move slowly to lap.

Be still, my soul: Thy best, thy heavenly friend

#1: Takes #2's right hand and helps #2 rise.

#2: Takes #1's left hand; rise to knee-stand by soul; rise to feet on second phrase.

Through thorny ways leads to a joyful end.

#1 leads #2 in circle, moving up right, across center and down left. They now stand side by side, left, hands clasped.

- 1 Be still, my soul: Thy God doth undertake
 2 **Release hands. #1: Arms cross over chest on *soul*; right**
 3 **arm up right, left arm down left on *undertake*.**
 4 **#2: Repeat #1's actions one phrase late: hold position on**
 5 **first half of phrase; cross arms over chest on *undertake*.**
 6 To guide the future as he has the past.
 7 **#1: Turn around in place, arms extended at waist level.**
 8 **#2: Right arm up right, left arm down left.**
 9 Thy hope, thy confidence let nothing shake;
 10 **#1: Hands to sides of head on *con*; focus out; arms out**
 11 **front at shoulder level on *nothing*; clench fists on *shake*,**
 12 **reinforcing the movement.**
 13 **#2: Turn around in place, arms extended at waist level.**
 14 All now mysterious shall be bright at last.
 15 **#1: Stand still, arms at sides, attention focused on**
 16 **partner.**
 17 **#2: Hands to sides of head on *ter*; focus out; arms out**
 18 **front at shoulder level on *bright*; clench fists on *last*,**
 19 **reinforcing the movement.**
 20 Be still, my soul: The waves and winds still know
 21 **#1 and #2: Arms cross over chest on *soul*; focus up. Arms**
 22 **up and out, circling out and down, then around again,**
 23 **ending palms together in front at waist level on *know*.**
 24 His voice who ruled them while he dwelt below.
 25 **#1 and #2: Palms still together, fingertips touch mouth**
 26 **on *voice*; arms out center front, parting and extending**
 27 **from elbows to sides at waist level, palms down.**
 28 Be still, my soul: The hour is hastening on
 29 **#1 and #2: Arms cross over chest on *soul*.**
 30 **#1: Move quickly Downstage Right on second half of**
 31 **phrase.**
 32 **#2: Remain in first position.**
 33 When we shall be forever with the Lord,
 34 **#1: Turn around in place, to the right, arms extended**
 35 **and curved gracefully inward at waist level, ending with**

1 a step Down Right on right foot on *with*; left foot meets
 2 right on *the*, knees bending in slight stoop, arms down
 3 at sides; on *Lord*, legs straighten and arms move straight
 4 up, fingers extended also.

5 #2: Hold above (*Arms crossed over chest*) position.

6 When disappointment, grief, and fear are gone,

7 #1: Hold above (*Up right extension*) position.

8 #2: Turn right, placing right palm to forehead, head
 9 down, left arm down at side on *disappointment*; in same
 10 position; bend both forearms across forehead on *grief*;
 11 both hands out right, palms away from body as if
 12 shielding, head turning left, on *fear*; hold.

13 Sorrow forgot, love's purest joys restored.

14 #1: Hold position for *sorrow forgot*.

15 #2: On *sorrow forgot*, step left on right foot, then on left
 16 foot, extending arms up left — become a mirror image of
 17 #1's position on Stage Right.

18 #1 and #2: Move toward each other, reaching with center
 19 arms to clasp hands; clasp hands on *joys*; face front,
 20 extending clasped hands overhead on *restored*.

21 Be still, my soul: When change and tears are past,

22 #1 and #2: Release hands. Arms cross over chest on *soul*;
 23 turn back to back on second half of phrase.

24 All safe and blessed we shall meet at last. Amen.

25 #1 and #2: Still back to back, each brings palms together
 26 in front of body; extend up and out in prayer position on
 27 *blessed*, focusing up; dropping arms, turn to face each
 28 other and embrace in friendship. Hold position through
 29 *Amen*.

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#4 — Come, Ye Thankful People, Come

(For Six or More Dancers)

- Starting position: Group is evenly divided on each side of chancel area in two straight lines, facing center; hands at sides.**
- Come, ye thankful people, come
- Move quickly in eight rhythmic steps to meet at center, forming one straight line.**
- Raise the song of harvest home;
- Face front on *raise*; arms slowly up to waist level, extended forward, palms up.**
- All is safely gathered in, ere the winter storms begin;
- Clasp hands with persons on each side; person on left end walks quickly to right end, forming a circle as line follows; keep circling through entire two phrases.**
- God, our maker, doth provide
- Stop circling, facing center of circle; unclasp hands and raise high into the center on *provide*.**
- For our wants to be supplied;
- Stoop quickly, hands to floor as if to scoop bounty from ground; rise slowly, bringing outstretched arms to waist level, palms up.**
- Come to God's own temple, come,
- Arms at sides; open the circle to a straight line with space between persons; face front.**
- Raise the song of harvest home.
- Right arms up and out on *raise*; left arms up and out on *harvest*.**
- All the world is God's own field, fruit unto his praise to yield;
- Arms down; line holds position; persons on each end move toward center of line by crossing front and back of persons in line, zigzag fashion. They meet in center and step forward, toward audience, clasping hands and raising them high on *yield*.**

- 1 Wheat and tares together sown
 2 **Line remains frozen; two persons in front stand back to**
 3 **back, hands at sides.**
 4 Unto joy or sorrow grown;
 5 **Two remain back to back; one raises arms up and out on**
 6 **joy; other buries head in hands on sorrow; hold positions**
 7 **to end of phrase. Line slowly lowers to squat position,**
 8 **balancing on toes, arms locked around knees, heads**
 9 **lowered onto knees — use entire phrase to achieve this**
 10 **position.**
 11 First the blade, and then the ear, then the full corn shall appear;
 12 **Two front persons slowly return to ends of line and stand;**
 13 **line slowly rises, “grows,” taking the entire two phrases**
 14 **to achieve a standing position, arms at sides.**
 15 Lord of harvest, grant that we
 16 **Arms up and outstretched, fingers touching in prayer position.**
 17 Wholesome grain and pure may be.
 18 **Arms lower to sides; heads bowed.**
 19 Even so, Lord, quickly come, bring thy final harvest home;
 20 **Divide line in center and move up center, two by two,**
 21 **forming two lines perpendicular to edge of stage; lines**
 22 **face each other with arms up and out, hands clasped with**
 23 **facing partner to form a bridge.**
 24 Gather thou thy people in, free from sorrow, free from sin,
 25 **Back partners start through the bridge, moving toward**
 26 **audience.**
 27 There, forever purified, in thy presence to abide;
 28 **Continue into audience area down center aisle, stopping**
 29 **evenly spaced in aisle.**
 30 Come, with all thine angels, come,
 31 **Individuals turn in place, arms extended at waist level;**
 32 **stop on last come, each line facing away from center of**
 33 **aisle and toward a section of audience.**
 34 Raise the glorious harvest home.
 35 **Raise arms up and out; focus up.**

#5 — Lord, I Want to Be a Christian

NOTE: This is a moderately-paced folk hymn. For maximum effectiveness, all movement should be rhythmically exaggerated.

Starting position: Dancers stand, arms at sides, heads bowed.

Lord, I want to be a Christian in my heart, in my heart;

Hands to chest in prayer position on *want*; focus out; step right on right foot, sliding left to meet in on *Christian* — turn slightly to focus right; repeat movement to left on first *heart*; repeat to right on second *heart*.

Lord, I want to be a Christian in my heart, in my heart.

Walk in small circle, moving left — take seven steps beginning with left foot on *want*, ending with left foot on second *heart*. Hands remain as they were. Dancer is now in original position.

In my heart, in my heart,

Arms extend up and out on first *heart*; left foot back, arms extend back, body bent slightly forward, head down on second *heart*.

Lord, I want to be a Christian in my heart.

Hands to chest in prayer position on *want*; focus out; step right on right foot, sliding left to meet it on *Christian* — turn slightly to focus right; repeat movement to left on *heart*. Return immediately to starting position, arms at sides, heads bowed.

Lord, I want to be more loving in my heart, in my heart;

Head still bowed, touch top of head with fingertips on *want*; step right on right foot, arms extended right at waist level on *lov* — turn slightly to focus right; repeat movement to left on first *heart*; repeat to right on second *heart*.

Lord, I want to be more loving in my heart, in my heart.

Walk in small circle, moving left — take seven steps beginning with left foot on *want*, ending with left foot on

1 **second heart. Hands remain extended in front at waist**
 2 **level. Dancer is now in original position.**

3 In my heart, in my heart,

4 **Arms extend up and out on first heart; left foot back,**
 5 **arms extend back, body bent slightly forward, head down**
 6 **on second heart.**

7 Lord, I want to be more loving in my heart.

8 **Return to standing position; hands to top of bowed head**
 9 **on want; step right on right foot, sliding left to meet it**
 10 **on loving, arms extended right at waist level; repeat to**
 11 **left on heart. Return immediately to starting position.**

12 Lord, I want to be more holy in my heart, in my heart;

13 **Drop to left knee on want, hands at sides, focus out; lower**
 14 **right knee to floor on holy; hands in front of chest in**
 15 **prayer position on first heart; sit on heels, bending body**
 16 **full forward on second heart; hands remain same.**

17 Lord, I want to be more holy in my heart, in my heart.

18 **Return upright, sitting on heels on want; rise tall on**
 19 **knees on holy; sit on heels on first heart; rise tall on knees**
 20 **on second heart; hands remain in prayer position.**

21 In my heart, in my heart,

22 **Hands up and out on first heart; arms extended back,**
 23 **body full forward sitting on heels on second heart.**

24 Lord, I want to be more holy in my heart.

25 **Rise to feet with hands at chest in prayer position by**
 26 **holy; cross arms over chest on heart. Return immediately**
 27 **to starting position.**

28 Lord, I want to be like Jesus in my heart, in my heart;

29 **Dancers join hands, forming circle. Circle left.**

30 Lord, I want to be like Jesus in my heart, in my heart.

31 **Circle right.**

32 In my heart, in my heart,

33 **Facing center of circle, release hands and raise them**
 34 **overhead on first heart; left foot back, arms extend back,**
 35 **body slightly forward, head down on second heart.**

1 *(Caution: Be sure circle is large enough that heads don't crack*
2 *together when they meet in the center!)*

3 Lord, I want to be like Jesus in my heart.

4 **Return to original positions; fold hands over chest on**
5 **heart. Return to starting position — arms at sides, head**
6 **bowed.**

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#6 — Lord Jesus, I Love Thee

NOTE: This hymn would be very effective if played on guitar and sung by soloist. It may be interpreted by a small group of dancers, but is also well-suited to a solo dancer.

Starting position: Stand, back to audience, arms at sides; head bowed.

Lord Jesus, I love thee, I know thou art mine;

Hands come slowly together, fingertips touching, moving overhead and slightly forward as head also focuses upward. Use the entire line of music to complete the movement.

For thee all the follies of sin I resign;

Arms and hands open out on *thee*; outstretched arms move slowly down at sides, palms down, continuing until hands clasp lightly behind back on *resign*; head also moves downward; upper body bends forward, effecting slight bow.

My gracious redeemer, my Savior art thou;

Face right, stepping out on right foot; both arms extend up right on *redeemer*; continue a circle movement with arms moving up left as body pivots left; weight is on right foot, right leg slightly bent as arms continue downward; arms are outstretched in back, body bent forward and head bowed as phrase ends.

If ever I loved thee, Lord Jesus, 'tis now.

With feet in same position, body straightens as arms cross over chest on *thee*; arms up and outstretched on *now*; focus upward.

I love thee, because thou hast first loved me,

Face front, feet apart; bring hands together at waist level, left palm over back of right hand; using hand over hand motion, make small circles as hands move up center, opening slightly on *thou*. Return arms to waist level, hugging self; tuck chin into right shoulder as phrase ends.

- 1 And purchased my pardon on calvary's tree;
 2 **Feet together; arms open out at shoulder level, hands**
 3 **bent downward at wrists, as body forms a cross; head**
 4 **hangs forward, chin on chest.**
 5 I love thee for wearing the thorns on thy brow.
 6 **Head up, arms curve inward at chest level as hands grasp**
 7 **an imaginary crown of thorns on *thorns*; lift imaginary**
 8 **crown high and place it decisively on head on *brow*.**
 9 If ever I loved thee, Lord Jesus, 'tis now.
 10 **With feet in same position, arms cross over chest on *thee*;**
 11 **arms up and outstretched on *now*; focus up.**
 12 In mansions of glory and endless delight,
 13 **With arms down and relaxed, begin on left foot, twirling**
 14 **left in five small steps — three on each beat of *mansions*,**
 15 **one on *of*; end by stepping left with left foot on *glo*; both**
 16 **arms up left on *glo*; repeat the motion to the right — three**
 17 **steps on each beat of *endless*, one on *de*; end by stepping**
 18 **right with right foot on *light*; both arms up right on *light*.**
 19 I'll ever adore thee in heaven so bright;
 20 **Twirl in place, ending front on *dore*, arms straight up**
 21 **open arms outward on last half of phrase; focus up.**
 22 I'll sing with the glittering crown on my brow;
 23 **Arms quickly down and back up again, hands passing**
 24 **under mouth on *sing*; hands spring slightly as if to catch**
 25 **crown in air on *glit*; place crown on head on *crown*; keep**
 26 **focus up and look joyful!**
 27 If ever I loved thee, Lord Jesus, 'tis now.
 28 **Arms cross over chest on *thee*; arms extend out in back,**
 29 **left foot steps back and assumes body weight as body**
 30 **bends forward from waist in deep bow.**
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#7 — Praise to the Lord, the Almighty

Starting position: Dancers are widely spaced to allow room for large, stretching moves; feet together, arms at sides, heads bowed.

Praise to the Lord, the almighty, the king of creation!

Head up; clap hands on *praise, Lord, might, king* and *A*, each time moving arms up, out, around and down, making complete circles in the air. On last clap, (*A*) open extended arms out; on *tion*, sharply reach hands still higher, reinforcing the move.

O my soul praise him for he is thy health and salvation!

Arms still extended overhead, turn around in place, ending face front on *health*; right arm lowers to grasp left side of waist on *health*; left arm lowers, crosses over right arm, and grasps right side of waist on *va*.

All ye who hear, now to his temple draw near;

Extend arms forward at waist level, palms up, on *all ye*; hands cupped at ears on *hear*; lower the left arm and extend right to audience in a single, sweeping, “come here” gesture; turn and walk Upstage, back to audience.

Join me in glad adoration!

With backs to audience, clap hands on *join, glad, and ra*, each time moving arms up, out, around and down, making complete circles in the air. On last clap, (*Ra*) open extended arms out; on *tion*, sharply reach hands still higher, reinforcing the move.

Praise to the lord, who o’er all things so wondrously reigneth,

On *praise*, step forward on right foot, pivoting left to face audience; right foot is now in back; bow forward, arms extended in back, on *Lord*; walk forward to original positions, arms at sides; on *won*, extend arms at waist level, palms down; hands meet on *reign*, then out to sides on *eth*, in one continuous movement.

Shieldeth thee under his wings, yea, so gently sustaineth!

- 1 **Arms curve in front of body, forming cradle; body bends**
 2 **slightly forward and begins rocking slowly in rhythm.**
- 3 Hast thou not seen how thy desires e'er have been
 4 **Step left with arms extended up left on *seen*; move arms**
 5 **together in large circle across top and down right, ending**
 6 **up left on *been*.**
- 7 Granted in what he ordaineth?
 8 **Leaving left arm up left, move right arm slowly down**
 9 **across body and out right at waist level, palm down; focus**
 10 **with right arm; end by placing both hands behind back**
 11 **and bowing head on *ordaineth*.**
- 12 Praise to the Lord! O let all that is in me adore him!
 13 **Head up, clap hands on *praise*, *Lord*, *all*, *in* and *dore*,**
 14 **each time moving arms up out around and down, making**
 15 **complete circles in the air. On last clap (*Dore*), open**
 16 **extended arms out; on *him*, sharply reach hands still**
 17 **higher, reinforcing the move.**
- 18 All that hath life and breath, come now with praises before him!
 19 **Circle left in place, arms curved gently in front of body;**
 20 **make two complete turns.**
- 21 Let the Amen sound from his people again;
 22 **On *let*, clap hands together, leaving them together in**
 23 **prayer position; extend hands in this position up and**
 24 **forward on *Amen*; open extended arms, reinforcing the**
 25 **gesture on *gain*.**
- 26 Gladly forever adore him. Amen.
 27 **Drop to left knee on *glad*; right knee down on *ev*; full**
 28 **kneel, sitting on heels on *dore*; lower the head to floor**
 29 **on *him*, arms on floor behind body. Hold through *Amen*.**
 30
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 32
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 34
 35

#8 — The Prophecy (Advent)

Selected Scripture: Isaiah 40:1, 3-5; 7:14; 40:9; 9:6; 40:31.

Suggested background music: *He Shall Feed His Flock Like a Shepherd*, from "The Messiah," G. F. Handel; *Ave Maria*, Franz Schubert; *Gesu Bambino*, Pietro A. Yon; a medley of Advent carols.

Starting position: Dancers form two straight lines facing each other, perpendicular to edge of stage; each dancer is kneeling, sitting on heels, hands in lap, head bowed low. Up center, between the two lines a single dancer (#1) stands, back to audience, arms at sides, head bowed; one foot is forward, holding body weight so that a smooth pivot may be made as soon as reading begins.

Comfort ye, comfort ye my people, saith your God.

#1 pivots to face audience, bringing outstretched hands together in front of body, then out to sides, palms down; left hand up left on God. Other dancers rise to sit straight on heels, looking toward #1, then rise to knees on God.

The voice of him that crieth in the wilderness, prepare ye the way of the Lord.

#1, with left arm still up left, brings right arm up right, passing hand under mouth on voice; on prepare ye, both arms down and up to waist level, indicating to other dancers that they must rise. Other dancers rise.

Make straight in the desert a highway for our God.

#1 walks forward between the lines, arms at sides, head high. Other dancers bow slightly forward as they step back to widen the space between lines — step back on left foot then on right, then left, but leave right foot in forward position for next pivot.

Every valley shall be exalted, and every mountain and hill shall be made low;

#1 turns back to audience and raises arms up and out on exalted; arms slowly down to sides on second phrase.

1 **Other dancers pivot to outside on *valley*, raising arms up**
 2 **and out on *exalted* as weight shifts to forward foot. Arms**
 3 **slowly down to sides on second phrase.**

4 And the crooked shall be made straight, and the rough places plain:

5 **#1 moves to become one of the group as group forms two**
 6 **lines across stage, from left to right, facing audience —**
 7 **stagger the lines so that each dancer is seen.**

8 And the glory of the Lord shall be revealed, and all flesh shall see it
 9 together:

10 **Turn left, once around in place on first phrase, left arm**
 11 **curved gently inward at waist level, right arm extended**
 12 **out in back; on second phrase face diagonally left as left**
 13 **arm goes up left, right arm remaining same.**

14 For the mouth of the Lord hath spoken it.

15 **Left arm still up left, right arm moves up right; focus**
 16 **follows right arm; hold.**

17 Therefore the Lord himself shall give you a sign; behold, a virgin
 18 shall conceive, and bear a son, and shall call his name, Immanuel.

19 **On first phrase, arms slowly down in front of body, palms**
 20 **down, to waist level; form cradle with arms on *conceive*;**
 21 **sway left on *son*, right on *call*; drop arms to sides on**
 22 ***Immanuel*, bending body slightly forward, head bowed.**

23 O Zion, that bringest good tidings, get thee up into the high mountain;
 24 O Jerusalem, that bringest good tidings, lift up thy voice with
 25 strength; lift it up, be not afraid;

26 **Raise head; pass left arm to right side on *Zion*, moving**
 27 **it slowly left, palm up; left arm up on *get thee up*, holding**
 28 **it there; pass right arm to left side on *Jerusalem*, moving**
 29 **it slowly right, palm up; right arm up on *lift up*; both**
 30 **arms stretch on second *up*, reinforcing the gesture.**
 31 **Outstretched arms cross each other sharply at waist level**
 32 **on *not*, then out to sides, palms down on *frail*.**

33 Say unto the cities of Judah, behold your God!

34 **Turn to face Upstage; arms up and out on *hold*.**

35 For unto us a child is born, unto us a son is given: and the government

1 shall be upon his shoulder:

2 **Arms very slowly down to sides, head ending in bowed**
 3 **position — take entire line to complete the move.**

4 And his name shall be called wonderful, counsellor, the mighty God,
 5 the everlasting father, the Prince of Peace.

6 **Turn left on *wonderful*, face front on *counsellor*; arms**
 7 **down, cross in front of body on *mighty*, fists clenched;**
 8 **arms down and out to sides on *God*, fists clenched; arms**
 9 **cross over chest on *father*; left foot back, bowing low with**
 10 **legs straight, arms extended in back on *Prince of Peace*.**

11 They that wait upon the Lord shall renew their strength;

12 **Hold above position.**

13 They that wait upon the Lord shall mount up with wings as eagles;

14 **Hold until *shall*; straighten body; with hand over hand**
 15 **movement in front of body, make small circles moving**
 16 **upward; open arms out to sides at shoulder level, palms**
 17 **up, on *eagles*.**

18 They that wait upon the Lord shall run, and not be weary;

19 **Arms in same position, turn once around in place.**

20 They that wait upon the Lord shall walk, and not faint.

21 **Arms at sides, head high, walk three steps forward.**

22 Wait . . .

23 **Hold position.**

24 Upon the Lord.

25 **Fingertips together in prayer position, head bowed.**

26 Amen.

27 **Hold position.**

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#9 — The Risen Lord (Easter)

Selected Scripture: Psalm 24:7-10; Job 19:25-26; 1 Cor. 15:20; 1 Tim. 3:16; Rev. 5:13.

Suggested background music: *The Holy City*, Stephen Adams; *I Know That My Redeemer Liveth*, from "The Messiah," G. F. Handel; a medley of Easter carols.

Starting position: Dancers are in full kneel, sitting on heels, heads bowed, arms at sides.

Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors;

Head rises slowly on first phrase; rise to knees on second phrase.

And the King of Glory shall come in.

Hands together in prayer position, stretched out and up.

Who is this King of Glory? The Lord strong and mighty, the Lord mighty in battle.

Arms front at waist level, palms up; arms up and out on first Lord; arms down and out at sides, fists clenched, on second Lord, as head bows.

Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of Glory shall come in.

Head rises slowly on first phrase; rise to feet on second phrase; hands together in prayer position, stretched out and up on third phrase.

Who is this King of Glory? The Lord of Hosts, he is the King of Glory.

Arms front at waist level, palms up; on Lord of Hosts, bring hands together, up, out, down, and around, returning up and out on he; hold.

For I know that my Redeemer liveth, and that he shall stand at the latter day upon the earth;

Arms cross over chest on liveth; arms slowly down in front to waist level, still crossed; turn palms down on stand; opens arms slowly out to sides.

And though after my skin worms destroy this body, yet in my flesh shall I see God.



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