

## Solitude (Solace - Ahsas CD)

### Standing Dancers

entrance  
 4X8 Hold  
 2X8 Hold  
 1X8 Gliding Entrance (sword point down)  
 2X8 Continue cliding entrance  
 1X8 draw weight to back foot, into pose  
 accent turn head

#### sec 1 :55

4X4 Hold (slide L foot in 3rd measure)  
 3X4 Maya Maya Down Down  
 1X4 Maya Maya tuck lock  
 1X4 Roll up, ribs down down  
 1X4 cross feet, begin slow pivot  
 1X4 Continue pivot turn  
 1X4 Sweep swords upward  
 1X4 hold  
 1X4 leave pose, transition  
 1X4 hold pose

#### sec 2 1:16

2X4 undulate slowly, pivot, hip down  
 4X4 fig 8, fig 8 down down walk to arch in front  
 1X4 place sword on hip, leaning IN  
 2X4 4-head back, 4-release arms open chest  
 2X4 4-arms up, 4 wave  
 2X4 4-half down, back up 4-hands to sword  
 1X4 remove sword & pose *\*new angled pose\**

#### Sec 3 2:10

2X8 roll down, pelvic drop drop, roll up, chest drop drop  
 2X8 Slow pivot 180, cross L over R, sword down & up  
 7X4 Traveling undulation, hip RL to formation

#### Sec 4 2:41

2X4 SWOOP & pose, crossing swords, look each other

**on accent**, everyone faces front

1X4 *Seated dancer = lotus hands (everyone else HOLD)*

5.5X4 Reclining dancers roll hip, seated dancer mayas on 1st two accents, standing dancers respond on final accent with a toss of the unweighted outer hip

1X4 Shimmy, bring swords forward  
 2X4 Shimmy, Lower sword to floor, outside center  
 4X4 Continue shimmying in pose  
 4X4 Front pair travels forward & out, back pair holds  
 4X4 (or until change, to rebalance timing issues ) back pair

### Seated Dancers

Hold  
 Slowly lift (1 measure chest, one arms)  
 Head coming into position  
 8-hold, 8-raise sword (switch knees)  
 shift pose  
 turn head

4 hold, 4 hold, 4-raise 4 on head  
 2x4 hold, 1X4 place arms out  
 place arms (one down, one in 2nd)  
 hips up & roll  
 roll hips again  
 place arms, switch to knee  
 swan arms up  
 arm ripple  
 knee walk to other knee, arms extended  
 arm ripple

sit/extend/walk/roll back to center  
 continue to places, maya in place  
 remove sword  
 mimic arm movements

arms out

Snake arms W/omis  
 continue, plus 5X4 into next section  
 final 2X4 front pair extends  
 outward leg, drops outward hand in front  
 of bod, look at each other

recliners sweep arms up, lift hips  
 seated dancer, brings wrists overhead

pose, collecting swords  
 Standing up  
 Travel forward & out, step-shimmy  
 Hold positions shimmying

back pair travels into position, others hold, shimmy

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Sec 5 3:33

- 2X4 Shimmy dropping into 'shave hip' pose (all facing diagonal L)
- 1X4 Layer shimmy over undulation (should we try a hip circle here?)
- 1X4 Pivot to diagonal R, layer shimmy over undulation (or hip circle?)
- 2X4 face front, reverse undulation, continue lifting arms
- 1X4 hold, continue shimmy
- 1X4 Lower sword to head
- 3X4 shimmy, stabilize sword
- 1X4 release sword, bring arms out
- 2X4 snake arms R then L (four counts each)
- 4X4 big hip circle, 4 waaay R, 4 waaay back, 4 waaay left, then undulate front
- 1X4 bring sword up
- 1X4 hold sword up
- 2X4 bring sword slowly all the way down
- 2X4 raise sword slowly, spinning around 2X, hit pose.