

## VERIDITAS

Chor. Paul Boizot. Music; Bob Minney from "Sensitive Chaos". Coined by the 12th century abbess, Hildegard Von Bingen, the word "Veriditas" is a combination of the two Latin words for "Green" and "Truth". It describes nature's divine healing power, transferred from plants to humans (source; [http://www.veriditasbotanicals.com/about\\_ver.html](http://www.veriditasbotanicals.com/about_ver.html)).

There is a video of me demonstrating this dance at <http://www.paulboizot.co.uk/videos.htm>

This could go to the left or the right. Arms V. Each step is the same length.

"Open skies".....Zigzagging steps in line of dance to the right, with hips swaying a little, and the closes being gentle taps – not stamps – maybe as close as one can get to a drop of rain falling. Think of something in between African dance style and Romanian as in Midwives' Dance;

Facing and travelling right, (step diag. out of circle R q, cl. L q, step diag. into circle L q, cl. R q) x 6

"And let it rain";

Facing centre, (sway R bending knee, sway L similarly) x 2

"Fill the earth with your love and let it rain" - the arms on the last two steps sound more complicated than they are – they just swing slightly following the feet;

Facing centre 3 steps in starting R gradually bringing arms up high but curved slightly, one step back on L; 3 steps back bringing arms down gradually to slightly behind body, one step forward letting arms come forward slightly in front of body.

"Fill the earth with your love" - basically 2 steps in, 2 steps back, bringing arms up and down;

Facing centre step in R, L arms gradually coming up to a bit below shoulder height but extended forward curved (i.e. not up to a W hold but a little lower and much more forward without being stiff and straight), back R (replacing it where it was), L bringing arms down gradually.

Paul Boizot revised 13.04.11