

## HEAL THIS LAND

Choreographed by Paul Boizot, 2013. Music “Heal This Land”, from “The Silent Awakening” by Tina Malia. Mp3 commercially available.

Rhythm 4/4. Arms V to start. Unjoined circle, or dancers anywhere they like; or possibly circle with arms joined. Start after piano introduction and first vocal “The fires are”

1.  $\curvearrowright$  sR, Lxf (optional – curve the step and swing L arm round following foot if unjoined), replace R,  $\curvearrowleft$  sL;
2.  $\curvearrowright$  sR, close L, sR q, stamp L q,  $\curvearrowleft$  sL q, stamp R q;
3.  $\curvearrowup$  R starting to bring arms up with elbows bent, close L straighten arms pushing them forward horizontally,  $\curvearrowdown$  R, close L arms gradually down to V over last two steps;
4. knees slightly bent leaning forward slightly & arms swinging low towards earth (acknowledging the earth) following feet from side to side ( $\curvearrowright$ sR q, tap L q,  $\curvearrowleft$  sL q, tap R q) x 2.

Paul Boizot revised 30.03.21

### LYRICS;

The fires are burning

So reach for me  
Like the petals of a rose  
Bloom in its season  
Gentle and slow

My body is the mountain  
The ocean, the river  
The sand and the soil  
The life giver

So come on now, my friend  
Speak to me  
Help me understand  
Let us walk together  
Take my hand  
And we will heal this land

We will heal this land.....

Do you hear the call?

If you could only believe  
We will heal this land

source; <https://genius.com/Tina-malia-heal-this-land-lyrics>

Portuguese translation;

Os fogos estão queimando

Então me alcance  
Como as pétalas de uma rosa  
Bloom em sua estação  
Suave e lento

Meu corpo é a montanha  
O oceano, o rio  
A areia e o solo  
O doador da vida

Então venha agora, minha amiga  
Fale comigo  
Ajude-me a entender  
Vamos caminhar juntos  
Pegue minha mão  
E nós vamos curar esta terra

Nós vamos curar esta terra ...

Você ouve a ligação?

Se você pudesse acreditar  
Nós vamos curar esta terra

### KEY TO NOTATION

$\curvearrow$  = Direction that nose faces       $\rightarrow$  = Direction of movement

b = behind      br. = brush      cl. = close      f = in front

L.o.D. = line of dance      sim. = similarly

q = quick      R slip-step = R q, L q, R.

s = side (steps) or slow (rhythm), e.g. sR s = sidestep right (slow)

x = cross (steps)      x 2 = twice      (...) x 3 = do steps within brackets 3 times.

Commas are used solely to separate the steps. Semicolons are sometimes used instead of commas to separate sections, or bars, of the dance.