

Estaferallah

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7 A - llah A - llah A - llah A - llah

13 llah A - llah llah Es - ta - pher - a - llah Es - ta - pher - a - llah

19 llah Es - ta - pher - a - llah Es ta - per - a - llah Es -

24 Al-lah A-llah Hu Al-lah A-llah Hu A-llah A-lah Hu Hu - - - A -

llah Hu A llah A-llah A-llah Hayy!

1. Allah, Allah, Allah, Allah, Allah
2. Estaferallah, Estaferallah, Estaferallah, Estaferallah
3. Allah Allah Hu, Allah Allah Hu, Allah Allah Hu, Hu Allah
4. Hu Allah, Allah, Allah Hayy!

DIRECTIONS

Each section of the dance should be repeated as many times as the Dance leader deems appropriate, keeping in mind the intention to deeply impress upon awareness the name, presence and the specific attributes of Divinity that are being invoked. As appropriate to the leader's attunement and circumstance, the last measure, at some point, can be repeated over and over and then shifted to spoken words "Allah, Allah, Hayy!" While many variations are possible from here, closing the dance by returning to the first section calling on the divine name of "Allah" is an effective way to bring closure to the dance.

Movements:

1. Side step to the right with a gentle rocking motion of the heart. The first step with the right foot is on the first (silent) beat of the measure -- this first beat should be clearly established with drum and/or other musical instruments. The left step is on the third beat, etc.
2. Walking in line of direction (counter-clockwise) successively pass right and left palms of the hands over the heart (as though washing the heart).
3. Turn to the right for the whole phrase. On the repeat of the phrase turn to the left.
4. "Zikr boat" movement in counter-clockwise direction.