


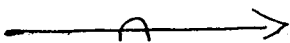


Los Cuatros Elementos

Chor: Barbara Stokes

3:39 duration, 4/4

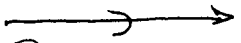
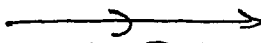

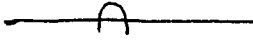


Intro: 24 counts: 16 vocal & 8 guitar.

V-hold.

			
<u>R</u> <u>L</u> SW SW	R L R L S Xf S Xb	R L R L + + + +	R L L R f tch [⊕] b tch
<div style="border: 1px solid black; padding: 2px; display: inline-block;">EARTH</div>	<div style="border: 1px solid black; padding: 2px; display: inline-block;">WATER</div>	<div style="border: 1px solid black; padding: 2px; display: inline-block;">AIR</div>	<div style="border: 1px solid black; padding: 2px; display: inline-block;">FIRE</div>
Standing in place	"mayim" = water step	release hands, raise to mouth & send out around you	⊕ on Ltch, clap hands over third eye sending fire back to divine will

= means longer

inner circle (choreographed by Danica Evering, Canada)

			
R L R L R L SS SS	R L R L f f f f	standing 4 counts	standing 4 counts
<div style="border: 1px solid black; padding: 2px; display: inline-block;">DEER</div>	<div style="border: 1px solid black; padding: 2px; display: inline-block;">FISH</div>	<div style="border: 1px solid black; padding: 2px; display: inline-block;">BIRD</div>	<div style="border: 1px solid black; padding: 2px; display: inline-block;">THUNDERBIRD</div>
fingers make antlers	palms together, fingers forward, swim through water (hands back & forth)	flapping wings/ arms gently (body moves slightly toward center)	① thrust arms up & out  ② clap overhead ③ arms →  & turn head sharply to right ④ turn head sharply to left

Barbara Herring added:

Have someone stand in the center holding a red candle and slowly spinning/turning.