

Cherokee Sundance

Start facing east, then towards south, west and north



Touch your heart, step out to left Open the wings of your heart Surround the earth with the wings of your heart



Touch the earth Touch the sky Touch your heart



Open the wings of your heart With the wings of your heart surround the earth



Touch the earth Touch the sky Touch your heart



From your heart give to all the world's people

From all the world's people receive into your heart

From your heart give to all the world's people

From all the world's people receive into your heart

Gather your hands to your heart facing a new direction.