

Chakra-Awakening Dance

Counts	Dance Movements	Chakra
1, 2	Look left, stomp left foot and right hand click; Look right, stomp right foot and left hand click	 Root
3, 4	Stomp left foot with right arm in front; Stomp right foot with left arm in front	
5 - 8	Repeat	
1, 2	Hands on hips: Hip to right; hip to left	 Sacral
3, 4	Hip circle	
5 - 8	Repeat	
1, 2	Body shift to right; body shift to left	 Solar Plexus
3, 4	Cross-punch towards ground with knees in; Recover with fists to waist	
5 - 8	Repeat	
1, 2	Step to right and arms dive open; left foot joins right foot, arms come back with fists to chest and elbows out	 Heart
3, 4	Roll, or "pump" arms x2	
5 - 8	Repeat on left side	
1, 2	Step out with right foot and shrug shoulders x 2	 Throat
3, 4	Step out with left foot and shrug shoulders x 2	
5 - 8	Repeat stepping backwards	
1, 2	Look right, look front	 Third Eye
3, 4	Look left, look front	
5, 6	Head circle to right	
7, 8	Head circle to left	
1, 2	Jump; right foot stomp	 Crown
3, 4	Body roll	
5, 6	Jump; left foot stomp	
7, 8	Body roll	

Choreographed by Sheryn Gung
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★ **Crown Chakra - Thought, Universal identity, oriented to self-knowledge**

This chakra relates to consciousness as pure awareness. It is our connection to the greater world beyond, to a timeless, spaceless place of all-knowing. When developed, this chakra brings us knowledge, wisdom, understanding, spiritual connection, and bliss.

Governs Upper Brain, Right Eye

★ **Third Eye Chakra - Light, Archetypal identity, oriented to self-reflection**

This chakra is known as the brow chakra or third eye center. It is related to the act of seeing, both physically and intuitively. As such it opens our psychic faculties and our understanding of archetypal levels. When healthy it allows us to see clearly, in effect, letting us "see the big picture."

Governs Lower Brain, Left Eye, Ears, Nose, Nervous System

★ **Throat Chakra - Sound, Creative identity, oriented to self-expression.**

This chakra is located in the throat and is thus related to communication and creativity. Here we experience the world symbolically through vibration, such as the vibration of sound representing language.

Governs Bronchial and Vocal Apparatus, Lungs

★ **Heart Chakra - Air, Social identity, oriented to self-acceptance**

This chakra is the middle chakra in a system of seven. It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. A healthy fourth chakra allows us to love deeply, feel compassion, have a deep sense of peace and centeredness

Governs Heart, Blood, Circulatory System

★ **Solar Plexus Chakra - Fire, Ego identity, oriented to self-definition**

This chakra is known as the power chakra, located in the solar plexus. It rules our personal power, will, and autonomy, as well as our metabolism. When healthy, this chakra brings us energy, effectiveness, spontaneity, and non-dominating power.

Governs Stomach, Liver, Gall Bladder, Nervous System

★ **Sacral Chakra - Water, Emotional identity, oriented to self-gratification**

The sacral chakra, located in the abdomen, lower back, and sexual organs, is related to the element water, and to emotions and sexuality. It connects us to others through feeling, desire, sensation, and movement. Ideally this chakra brings us fluidity and grace, depth of feeling, sexual fulfillment, and the ability to accept change.

Governs Reproductive Systems

★ **Base or Root Chakra - Earth, Physical identity, oriented to self-preservation**

Located at the base of the spine, this chakra forms our foundation. It represents the element earth, and is therefore related to our survival instincts, and to our sense of grounding and connection to our bodies and the physical plane. Ideally this chakra brings us health, prosperity, security, and dynamic presence.

Governs Spine and Kidneys