Dance...then... whoever you may be...

In Him we live and move and have our being. *Acts 17.28*

'I can't dance – I have two left feet'. Think again! If you can walk, write, play an instrument, engage in sports or hug someone you love – then you are participating in the dance of life! For all movement enables the 'body language' of communication. Every facial expression, every hand gesture, how we use our legs and arms are ways in which we signal to one another. 'Dance' as an art form is simply a conscious development of ordinary movement, telling stories and communicating emotions.

Dance is a visual expression of human song. Folk or Faith dance in all its myriad forms, (eg African, Aboriginal, tap, clog-dance, Irish & Scottish dance, line-dance, Shaker dance) is intrinsically 'earthed' and responsive to the rhythm of a heartbeat. Jazz dance broke with traditional rhythm. Some dance tells stories. Some dance focuses on relationships, such as ballroom. Some, like ballet, have strict rules. Contemporary dance broke all the rules and explored new ways to express emotions and direct attention to current issues. Street dance grew out of this freedom.

Dance, like music, has always had its critics – most notably from the religious authorities of the day. Yet, our thanksgiving liturgies are forms of 'dance' using styles of movement, colours and props to unfold a timeless story.

We once saw a group of children in church sign-dance a hymn using Makaton. In the congregation was a lady with Down syndrome, who always sat impassively through church services: she responded with sheer delight. The group invited her to join in: she did. Christ danced for her that day, took her hand, and invited her into the dance of life. The Word danced that day.

What's your dance? What makes your heart beat, your soul sing and your feet tap? Who, for you, invites you to join the Lord of the Dance?

Dance, then, whoever you may be...I am the Lord of the Dance, said he.
I'll lead you all wherever you may be. I'll lead you all in the dance, said he.