

**KADAMATI  
CHEAT SHEET**

<b>SECTION</b>	<b>MOVEMENT</b>	<b>COUNTS</b>	<b>TIME IN MUSIC</b>
<b>1. Sky 0:00 – 1:04</b>	3 breaths Arms unfurl Arch Back Close wrists	None, 7 seconds apart on breaths Music starts	0:00   0:21
	Head up to sky down to earth	Intro then 4 x 8's (in own timing)	0:22
	Rippling (when beat starts)	4 x 8's (in own timing)	0:47
<b>2. Cleansing 1:05 – 1:37</b>	Rippling (music changes)	4 x 8's (in unison)	1:05
	Rippling with hands	4 x 8's	1:21
<b>3. Journey 1:38 – 2:10</b>	Part 1 – Swinging (music changes) 2 scoops left diagonal 2 scoops bigger 2 swings 2 fists	1 x 8 1 x 8 1 x 8 1 x 8	1:38
	Part 2 - Running Body Swing out 9 o'clock and back 10 o'clock 11 o'clock 12 o'clock 1 o'clock 2 o'clock 3 o'clock 12 o'clock	1 x 4 1 x 4 1 x 4 1 x 4 1 x 4 1 x 4 1 x 4 1 x 4	1:54
<b>4. Bird 2:11 – 2:27</b>	1. Arms Down on 1 up on 8 2. Arms Down on 3 up on 6 3. Arms Down on 3 up on 4, melt 5, 6, 7, 8 4. Push away on 1, 3, 5, 7	1 x 8 1 x 8 1 x 8 1 x 8	2:11
<b>5. Turns 2:28 – 3:30</b>	Part 1 – Arms and Turns Version A – face front Version B – ¼ turns Version C – ¾ turns Version D – front, ¼ turns, ¾ turns  Cycle 1 Cycle 2 Cycle 3	       4 x 8's 4 x 8's 4 x 8's	       2:28 2:45 3:01
	Part 2 - Diagonals Final turn repeat Version C	2 x 8's 1 x 8	3:18
<b>6. Rising 3:31 – end of music</b>	Part 1 – Stomping and Gestures 1. Breath 2. Breath float arms down 3. Stomping starts 4. Arms float up 5. R Arm float higher and turn to front 6. Left hand on heart, stomping stops on 6	1 x 8 1 x 8 1 x 8 1 x 8 1 x 8 1 x 8	3:31

	7. Lunge, R hand into fist, pivot back left 8. L hand reach up, grab R fist, twist to front, land on 1	1 x 8 1 x 8	
	Part 2 – Moving Mask 1. Head leads to R diagonal x2 2. Snake leads to R diagonal x2 3. Bigger – feet start to move 4. Bigger - travel 5. Bigger – travel more 6. Face left diagonal 7. Face out 8. With R arm over the top 9. Repeat R arm over the top	1 x 8 1 x 8 1 x 8 1 x 8 1 x 8 1 x 8 1 x 8 1 x 8 1 x 8	4:05     4:26  4:34
	Part 3 – The Reveal		
	1. Head and shifting getting smaller and smaller, starting on right side 2. Find stillness 3. Remove the mask and reach up with L arm	4 x 8's (minimum) in own time in own time	4:43 – -- after 5:01