

GOPALA

(best in open tuning, key of C, capo 5th fret;
standard tuning, key of C)

1. Gopala *Krishna*
2. Gopala
3. Devakinandana Gopala *Krishna is Devaki's happiness*
Repeat 1-3.
4. Devakinandana Gopala
Devakinandana Gopala
Repeat 4.

C F C G C G
Go - pa - la, go - pa - la,

C F C G C
De - va - ki - nan - da - na go - pa - la,

C gm
De - va - ki - nan - da - na go - pa - la,

F C G C
De - va - ki - nan - da - na go - pa - la.

This is a light, joyful and play-filled Dance inspired by the Hindu tradition, in the feeling of high-spirited children who may, occasionally, even turn to mischief. Devaki, Krishna's mother, still loved him and found ecstasy in being his mother, even when he was in his mischievous state. Gopala is a name for Krishna, referring to him as the young cow herder, who would steal his mother's butter, churned with great effort, and the clothing left by the water by young girls while they bathed.

Traditionally the Dance is gradually speeded up until the tempo is quite fast, then done one or two times at slower speed to ground the joy, expansiveness and plain silliness which are evoked. This Dance works well both with children and adults, but asks for discretion on the part of the Dance leader to balance its enlivening qualities to avoid any potentially disruptive effects. Alternating men and women singing or letting the singing diminish in volume followed by building back up work effectively with this Dance.

1. Holding hands in the circle, move in toward the center, raising held hands.
2. Move back out, lowering held hands.
3. Release held hands and spin individually to the right.
Repeat 1-3, spinning to the left.
4. Dancers take alternate hands in the circle. Each dancer reaches out widely to hold hands with the persons on either side of her/his immediate neighbors. This is also called a basket weave handhold. Remind dancers to open widely, not cross arms in front of themselves. Circle moves to the right.
Repeat 4, moving to the left.

Other hand movements can be added during the Dance for 4, continuing to alternate with 1-3. The Dance can be ended holding hands or by individually spinning right and left for 4.

Source

Words and music: traditional

Movements: Qiblavedarama