

Lágrima

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A :00 - :23

Making 4 circles from the wrist, raise one arm up and float down.

Repeat with other wrist/arm.

Raise both arms in front, above head and float them down with palms facing out to the side.

Bend elbows to form a cup with both hands in front of your body.

A :24 - :48

Repeat motions described in section A.

B :49 – 1:09

Raise both arms in front and make 'stop hands' with straight arms stopping at waist height.

Push 'stop hands' out front and lower arms.

Raise both arms in front above head and lower back to sides.

B 1:10 – 1:31

Repeat motion described in section B.

A 1:32 – 2:04

Repeat motions described in section A.

On the final note, blow on hands and slowly lower arms, as though sending something precious into the world.

Performed by Sonja Plohl

<https://www.youtube.com/watch?v=reJvv2Ob-Kc>