

Quick Dance

Shaker

Shaker dance music

$\bullet = c. 128$

Lo lo lo lo lo lo-dle lo lo, Lo lo lo lo

7
lo-dle lo-dle lum lum. Lo lo-dle lo lo, lo lo-dle

12
lo lo, Lo lo-dle lo lo, lo - del lum lum.

Dances and “marches” were regular features of Shaker worship services. Sister Lilian Phelps of the Canterbury, N.H., Shakers, wrote in 1961:

“It was the belief of the Shakers that every faculty should be used in the worship of God, and so, various forms of physical exercise were introduced, particularly the March. A group of eight or ten singers, occupied the center of the room, around which the members marched in perfect formation. It was with a graceful, rhythmic motion of the hands as the members marched to the slow or quick tempo of the music.”

Sister Lilian Phelps goes on to add that as Shaker groups had a larger proportion of elderly members who could not participate, dancing and marching were discontinued, so as not to exclude any of the worshippers from union.

This song was used in some Shaker communities for dancing. It would be inauthentic for non-Shaker communities to try to replicate Shaker dances and marches, but non-Shakers can use this song as a form of prayer to help create “perfect union among the members” and with God (or some higher power).