

TIME AND MOTION

Chor. Paul Boizot, 2014. Music "Sweet Bird", from "The Hissing Of Summer Lawns" by Joni Mitchell. Mp3 available on Amazon UK or iTunes*.

Rhythm 4/4. Each step is two beats except in the middle instrumental section. Formation; circle. Start after the 8-bar intro (which fades in) and 1 bar with the vocal, towards the end of the word "borderline" – this is so that the different steps will fit in the later instrumental section.

1. Arms V. \curvearrowright L, R; \curvearrowleft L; R. Let knees flex on the offbeats.

2. \curvearrowleft sway L, \curvearrowright sway R but putting foot down a little to the left of where it had been, so that the sways move clockwise round the circle a little. x 2

3. \cup turn in 4 steps (broadly in place but letting yourself move a little to the left, especially on the first step) with straight arms just a little out to the side L, R, L, R.

4. repeat 2.

There is an instrumental section after about 1.30, where the music misses some beats. During this, make the last step of parts 1 and 3 quick instead of slow. Return to normal when the vocals come back in.

The dance can be thought of as dancing around a clock face. 1 is going in and out along one of the hands, 2 is ticking around the outside, 3 is like a small piece of clockwork turning; the hands out from the side can remind one of a sundial, or of a clockwork figure turning.

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Paul Boizot 13.01.15