

TIMES GONE BY

Chor. Paul Boizot, 2009. Music; Axeitame A Polainiña, from album A Galicia De Maeloc, by Milladoiro. Available as mp3 from Amazon.co.uk*. iTunes – USA but not UK

Arms; V. Circle or open circle. Rhythm 4/4. Dance is s q q throughout except for bridging steps between the two parts; steps are 1 beat unless marked s = slow 2 beats. Start after the intro of 9 bars.

1. (↷↓ sway R s, ↷↑sway L, swivelling on L ↻↑ cl. R; ↻↓ L s, R closing or just backward of left, in place L; ↻→ sR s, Lxb, sR; ↷→ L s, R, L.) x 2; ↷→ R s, L s (these two steps can curve slightly in to prepare for the following steps).

2. (curving in to centre R s, ↻↑ small L, in place R; ↻↓ L s, R closing or just backward of left, in place L; ↻→ sR s, Lxf, sR; Lxb s, sR, Lxf.) x 5, curving in to centre R s, ↻↑ small L, in place R; ↻↓ L s not as big as before, ↷↓ sR s (returning to line of dance), ↷↑small sway L s.

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Paul Boizot revised 16.01.13