

## WALKING IN THE LIGHT

Chor. Paul Boizot, 2005. Mediaeval Spanish music - Cantiga De Santa Maria\* No.100, from Tempus Est Locundum, by Misericordia. Original recording has been edited as it ran into another track.

Originally choreographed with very simple steps for a group with learning difficulties, but I use it with other groups too. Inspired by the idea of a leisurely stroll on a May morning, but can be used in any connection with light at any time of year, or as a general meditational dance.

Can be done to left or right. Part 2 takes the same length of music as part 1. Start with the tune.

1. Arms V. 8 slow walks in LoD ending side-close to facing centre.

2. Unjoined, facing centre. No footwork. Raise hands gradually up high and slightly out (i.e. making V-shape) with palms upward in 4 beats, lower hands gradually straight down in 4 - keep them coming down vertically until you have to bring them back to join up for part 1. If you want you can imagine drawing down light energy here.

\*A cantiga is a medieval monophonic song, characteristic of the Galician-Portuguese lyric. Over 400 extant cantigas come from the Cantigas de Santa Maria, narrative songs about miracles or hymns in praise of the Virgin Mary. There are near 1700 secular cantigas but music has only survived for a very few: six cantigas de amigo by Martín Codax and seven cantigas de amor by Denis of Portugal. (source; Wikipedia). The original music for this dance is an instrumental-only version of Santa María, Strela Do Día, which roughly translates as Holy Mary, Star Of The Day.

Paul Boizot revised 25.04.16