

BOTH SIDES, NOW

Choreo. Paul Boizot, 2019. Music Both Sides, Now by Joni Mitchell. The original album version was on Clouds but there are also later recordings, as well as many cover versions. Some of those are faster and may not suit these steps.

Arms V. Circle or possibly open circle. Rhythm 4/4. Steps are slow (= s) 2 beats, or quick (= q) 1 beat. Start after the 4-bar intro.

During singing; $\cap \leftarrow$ sL q, Rxb q, sL s;

\cap curving in towards centre bigger step R q, $\cap \uparrow$ smaller steps L q, R s;

$\cap \downarrow$ L q, R q, L s;

$\cap \rightarrow$ sway R s, $\cap \leftarrow$ sway L s;

Mirror all to right.

Repeat a further 2 times till end of singing (so x 3 in all).

At end of singing there are 2 extra sways; $\cap \rightarrow$ sway R s, $\cap \leftarrow$ sway L s.

During the instrumental between verses; $\leftarrow \leftarrow$ L q, R q, L s; R q, L q, R s. x 2

At the end there is a reprise of the chorus; do the main step x 1, then the extra sways, as usual. Then during the longer instrumental ending, do the usual instrumental step for longer (x 4) until the end.

Paul Boizot 15.11.19