

CONSTANT CRAVING

Chor. Paul Boizot, 2016. Music; Constant Craving by K. D. Lang, from the album Ingenue, available from Amazon mp3*.

Formation; circle or open circle. Rhythm 4/4, one step per 2 beats except q = quick 1 step per beat; the rhythm of the dance steps is slow-slow-quick-quick-slow throughout. Start after 8 bars. The dance fits to the music, but just before the instrumental section there is one less bar of music than usual, so after that the musical phrases then start with the last three steps of the dance sequence.

Arms V. \rightarrow R, L; \rightarrow sR q, \leftarrow sL q, Rxf;
 \uparrow L (either joined or unjoined) arms coming up high over two steps, R; \downarrow L q arms coming down, R q, \uparrow L;
rejoin hands if need be \downarrow V-hold R, L; \rightarrow sR q, \leftarrow sL q, Rxf;
 \uparrow rock in L, \downarrow rock back R; \rightarrow moving diagonally backwards to the left L q, cl. R q, L beginning to turn to face right to restart the dance.

Lyrics; (song written by K D Lang and Ben Mink)

Even through the darkest phase
Be it thick or thin
Always someone marches brave
Here beneath my skin

And constant craving
Has always been

Maybe a great magnet pulls
All souls towards truth
Or maybe it is life itself
That feeds wisdom
To its youth

Constant craving
Has always been

Craving
Ah ha
Constant craving
Has always been
Has always been

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