

FRUITS OF THE SEA

Chor. Paul Boizot, 2025. Music; Andaricas ya cacharros, from the album Cerquina by Felpayu, (Asturias, Spain). The title seems to translate as “crabs and cooking pots”, though cacharros has several meanings. It is an instrumental, so there are no lyrics to suggest a title for the dance. I have gone with the idea of acknowledging the food that the sea provides. The original recording is 4.29 which is too long for a lively dance – I use an edited shorter version.

Arms; V. Formation; circle. Rhythm 6/8, similar to an Irish jig; there is one step per 3 beats, except when coming back from the centre in part 2. Start with the tune after 16 bars intro. The dance fits the music.

Facing centre, arms V 1. grapevine right - side right, cross in front, side right, cross behind; side right, point left to side or diagonally a little in front of line of dance, side left, point right similarly. All that x 4.

2. 2 steps in starting right, then back quick-quick-slow (2 beats, 1 beat, 3 beats); repeat starting left; repeat all. Optional touch, stamp, hop, etc. ad lib, especially just before coming in. Arms stay down.

Paul Boizot, 12.09.25