

NORTHERN MISTS

Chor. Paul Boizot, 2011. Music; Murhe, from the album Mie Kun by Sari Kaasinen & Otawa (Finland), available from Amazon mp3* or iTunes.

There is a video of me demonstrating this dance at www.paulboizot.co.uk/videos.htm, also on my youtube channel www.youtube.com/paulboizot.

Arms V. Formation; open circle, or maybe circle if you can be sure that dancers will come back the right distance from the centre. Rhythm 2/4 - each step is two beats except those marked "q" which are 1 beat. Start after the first verse (solo vocal).

↻↑ fairly large step R q arms up to about forehead height, lift L q by side of right leg,
↻← sL q hands curving slightly up then forward then down to begin to bring arms down,
Rxb q arms down to V (this step takes you half-way back to L.o.D), sway L, ↻→ sway R,
↻← sL q, Rxb q (this step takes you back to L.o.D), sway L, ↻→ sway R, ↻← sway L.

Take time bringing the arms down, there is all of 2 beats to do this.

Pauses – after each of the first four verses, there is a pause of 1 beat. Each verse is 1 ½ times through the dance, so (starting the dance after verse 1) the first pause comes after a double sway, the second pause after a triple sway, and the third pause after a double sway. After that there are no more pauses expect for one at around 2.12, just before a different vocal with lots of quick words. It is possible effectively to ignore this latter pause when teaching the dance, and just linger a little longer on the first step of the dance which follows it.

* if you buy this mp3, or any other items from Amazon, via any Amazon link on my website at www.paulboizot.co.uk, I will get a commission. Direct link; http://www.amazon.co.uk/exec/obidos/redirect-home?tag=aromcircfolkd-21&placement=home_multi.gif&site=amazon

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