

SABELIÑA

Chor. Paul Boizot, 2013. A joyful, fun dance. Music “Sabeliña”, from “Susana Seivane” by Susana Seivane (Galicia) – the track is named after a friend of the artist. Mp3 available on Amazon UK*.

Rhythm 2/4. Start the dance after 16 bars, i.e the amount of music that one part of the dance would take up.

1. Arms V $\curvearrowright \rightarrow$ sR q, cl. L q, sR, Lxf, repl.R, $\curvearrowleft \leftarrow$ sL, Rxf, sL, cl. R with some emphasis.
x 4

2. Unjoined arms W and a little forward and moving up and down a little on each step $\curvearrowleft \leftarrow$ Rxf, repl. L, $\curvearrowright \rightarrow$ sR, Lxf, repl.R, travelling turn anti-clockwise in 3 steps L, R, L. (For dancers who cannot turn, replace these with $\curvearrowleft \leftarrow$ L, R, L). Style – expansive, exuberant, bigger steps, let knees flex a lot.

x 4

Points to note – the joins between each part of the dance. In particular, dancers need to be ready to rejoin in the circle at the end of part 2.

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Paul Boizot 25.09.15