

TIMES GONE BY

Chor. Paul Boizot, 2009, revised 2018. Music; Axeitame A Polainiña, from album A Galicia De Maeloc, by Milladoiro. Available as mp3 from Amazon.co.uk*.

Arms; V. Circle or open circle. Rhythm 4/4. Dance is slow-quick-quick throughout except for the bridging steps between the two parts; steps are 1 beat unless marked s = slow 2 beats. Start after the intro of 9 bars.

1. (↷↓ sway R s, ↷↑sway L, swivelling on L ↻↑ cl. R; ↻↓ L s, R closing or just backward of left, in place L; ↻→ sR s, Lxb, sR; ↷→ L s, R, L.) x 2; ↷→ R s, L s (these two steps can curve slightly in to prepare for the following steps).

2. (curving in to centre R s, ↻↑ small L, almost in place R; curving backwards out from centre L s, R, almost in place L; ↷→ rock back on R s, ↻← small sway L beginning to turn to face right, ↻→ small sway R continuing to turn to face right; Lxf s, ↷→ R, L beginning to curve slightly in to prepare for the following steps) all x 5; curving in to centre R s, ↻↑ small L, in place R; ↻↓ L s, ↷↓ sR s (returning to line of dance), ↷↑small sway L s.

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