

## EBB AND FLOW

Chor. Paul Boizot, 2009. Music; To Telos Mas Des by Eleftheria Arvanitaki from the album "Mirame", available from Amazon mp3\* or iTunes.

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

Arms V. No deliberate arm swings, but if the arms are loose they will move a little on the grapevine and in-and-out steps. Formation; circle. Rhythm 4/4 - each step is one beat except the 4 quick steps at the end of the chorus (and thus also at the end of the music).

$\circ \rightarrow$  sR, Lxf, sR, Lxb; sR,  $\circ \leftarrow$  sL, Rxb, sL;  $\circ \uparrow$  R, small L, small R,  $\circ \downarrow$  L; R,  $\circ \leftarrow$  sL, Rxf,  $\circ$  repl. L.

Steps 5 and 6 have the same foot placement as a sway, but the body remains vertical and the feet are flat, so I avoid describing them as a sway. The exact size of steps 10 and 11 may vary, sometimes I have danced them almost in place, sometimes travelling a little more towards the centre.

Endings - at the end of the chorus (a little after 2 minutes in) there is not enough music to keep doing the normal steps without crossing the music - it sounds as if the music has finished, but it has not. So I dance steps 1 to 8 then  $\circ$  4 small quick steps in place (they fit the music). After a short pause, resume the dance from the beginning of the sequence. Also do this shorter sequence at the very end of the music. In extended versions of the recording, the shorter sequence occurs at the end of each chorus.

Translation of lyrics - edited by Paul from various automatic online translations.

Our ending blows in my direction; I will not fear the flame  
I'll be here with open hands To get burned, to get burned in the separation.  
I feel neither anger not rage I will not burn like part of the earth  
I feel neither anger not rage I know I love you before the fire

### CHORUS

Thank you for giving me your kiss, no matter how much was  
Thank you for giving me your body, no matter how much was  
This little was enough for me. Thank you for life, my life  
For the nail which I did not call a wound. I felt pain..but I said I love you.

Look at our ending; it does not (?) say goodbye; You die and I give birth to you  
Because one can breathe enough for two Even after, even after the break-up.

\* if you buy this mp3, or any other items from Amazon, via any Amazon link on my website at [www.paulboizot.co.uk](http://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](http://www.amazon.co.uk/exec/obidos/redirect-home?tag=aromcircfolkd-21&placement=home_multi.gif&site=amazon)

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