

## EVER-FLOWING SPRING

Chor.; Paul Boizot, 1995 approx. Music; Blowzabella, "The Willow Runnel", from "A Richer Dust" (Plant Life PLR080). My dance version of the music is edited to fade in and out, as the original is part of a suite - "The Wars Of The Roses", which also includes The Rose Of Raby - and has other tunes running straight into the beginning and end without a gap.

On the site of the battle of Stoke Field (1487 - last battle of the Wars Of The Roses) is a spring called the Willow Runnel. It is said that a dying soldier swore that if he was then given a drink of water, and his soul went to paradise, a spring would arise which would never run dry. (Taken from the Blowzabella sleeve notes).

For the dance, this spring can also symbolise, for example, the "spark of life"; the essence within us which inspires us and keeps us going, but which we can sometimes lose conscious touch with. The first part of the dance can be seen as like a meandering spring or stream, the second part as an expression of joy in life.

Arms; V. Start after the slow intro.

1. ( $\curvearrowright \rightarrow$  sR, Lxb, sR (slightly diag. back),  $\supset \rightarrow$  L quick keeping body fairly vertical,  $\supset \leftarrow$  R quick;  $\supset \rightarrow$  L,  $\curvearrowright \rightarrow$  sR, Lxb quick, sR quick, Lxf) x 2

2. ( $\curvearrowright \uparrow$  R, L, R quick,  $\curvearrowright \downarrow$  repl.L quick, R;  $\curvearrowright \downarrow$  L, R, L quick, R quick,  $\curvearrowright \uparrow$  L) x 2. The first two steps of each half are long, the arms swing regularly forward and back throughout - four times x 2 in all - and the style is bouncy in the knees and fairly vigorous. NB the "quick-quick-slow" coming back out is NOT a mirror-image of that going in – it is different so as to be easier!

Paul Boizot, revised 22.11.10