

MUIÑEIRA DE CHANTADA

Chor.; Paul Boizot, approx 1994. Music; Milladoiro (Galicia), from "Castellum Honesti" (Green Linnet 3055); also on compilation "Heart Of The Gaels" (Green Linnet CSIF 105). A muiñeira is a type of dance; Chantada is a municipality in Galicia. You can see a traditional dance to this music at <https://www.youtube.com/watch?v=MICrFXjRfVE>

Formation; circle. Rhythm 4/4 - each step is one beat. Dance fits music. Arms; V.

1. \rightarrow R, L, R, hop R; \leftarrow L, R, L, hop L; \rightarrow R, L, R, hop R; travelling turn anti-clockwise in 3 steps, \rightarrow hop L. x 2

(Final turn is one-and-a-quarter (430°) to face \curvearrowright for part 2. The turns are optional, dancers can omit them and simply do (\rightarrow R, L, R, hop R; \leftarrow L, R, L, hop L) x 4, or replace turns with \curvearrowleft sL, Rxf, sL, hop L)

2. \curvearrowup R, L, R, touch L toe behind R (L heel angled out pointing diag. back to right); \curvearrowdown L, R, L, touch R toe in front of L (R heel angled out pointing diag. back to left); \curvearrowup R, L, R, touch L toe behind R (L heel angled out pointing diag. back to right); turn on the spot 360° anti-clockwise in 3 steps, \curvearrowright small hop L;

\curvearrowdown R, L, R, touch L toe in front of R (L heel angled out pointing diag. back to right); \curvearrowup L, R, L, touch R toe behind L (R heel angled out pointing diag. back to left); \curvearrowdown R, L, R, touch L toe in front of R (L heel angled out pointing diag. back to right); turn on the spot 270° anti-clockwise in 3 steps, \curvearrowright small hop L;

Take bigger steps, especially on part 1, each time round as music increases in liveliness. Touches in part 2 can be replaced with small hops at discretion of teacher, or of dancers, throughout the dance or as music gets livelier.

Paul Boizot revised 24.09.16