

O MAR (THE SEA)

Choreographed by Paul Boizot, 2015. Music; O Mar (= The Sea) from the album O Espirito Da Paz by Madredeus (Portugal).

Formation; open circle, or shorter lines; arms V. The dance fits to the musical phrases. Rhythm – a slow 4/4. Steps are either q = quick (1 beat) or s = slow (2 beats). The steps going in to the centre cover more ground than those coming back out, so the inward steps need to be on quite a diagonal – around 45° – otherwise the line of dancers may keep advancing towards the centre. Conversely, in an open circle with a large number of dancers, if the steps back are too big, the line may become stretched in the middle.

Facing and moving diagonally to right of centre R q, L q, Rs; ↷← sway L s moving very slightly towards centre, ↷→ sway R s moving very slightly towards centre; ↷ moving slightly very slightly diagonally backwards to the right L s, R q, L q; R s lifting L low to prepare for next step, facing and moving diagonally to right of centre Lxf s (or Lxf q, light brush R forward q).

Lyrics & English translation;

Não é nenhum poema
o que vos vou dizer
Nem sei se vale a pena
tentar-vos descrever
O mar, O mar

E eu aqui fui ficando
só para O poder ver
E fui envelhecendo
sem nunca O perceber
O Mar, O Mar

Translation Version 1

It's not a poem,
this I'm going to tell you.
I don't even know if it is worth
trying to describe how it feels:
The sea, The sea
And here I've let myself stay
only to be seeing its waters
And here I've grown older and older
without my ever perceiving it:
The sea, the sea

Version 2

There is no poem
In what I am going to tell you
I'm not sure I should even bother
To attempt to describe it
The Sea, The Sea

And it is here I have remained
Just so I could observe it
And I continued to age
Without ever understanding it
The Sea, The Sea

Version 3

It is not a poem
What I'm about to tell you
I'm not even convinced
It's worth describing to you
The sea, The sea

And here I have stayed
Just so I could see It
And I have grown old
Before ever understanding It
The sea, The sea

<http://lyricstranslate.com/en/o-mar-sea.html>

Paul Boizot revised 15.06.17