

Presented by Emilio Pulido

COLAS
(Mexico)

SOURCE: Couple dance from Veracruz

MUSIC: Fiesta Veracruzana Belart 8017 4/4

FORMATION: 3 couples, w hold skirt, rebozo, and fan in R hand
m arms down
the following description is the basic dance, following it is
the formation for three couples

Cts DescriptionFig 1 Paso de Colas

24 ct introduction

1 L

&a hop L, stamp R (no weight)

2 R

&a hop R, stamp L (no weight)

3 L

a& stamp R (no weight), R

a4 stamp L (no weight), L

&a hop L, stamp R (no weight)

5 R

a& stamp L (no weight), L

a6 stamp R (no weight), R

a L heel keeping R on floor

& R heel keeping ball of foot on floor

a L heel keeping R on floor

7 L

a R heel keeping L on floor

& L heel keeping ball of foot on floor

a R heel keeping L on floor

8 stamp R

9-24 repeat

Fig 2 Mariposa

1-4 repeat fig 1 1-4 m holding w L in his R moving towards partner

5-8 repeat 1-4 on other side moving back, turning away
ct 8 stamp with weight

9-32 repeat 1-8

Fig 3 Paso de Colas

1-56 repeat fig 1

Fig 4 Punteado traseros

a1 L toe behind, L

a& stamp R (no weight), R

a2 stamp L (no weight), L

& L heel with ball of foot remaining on floor

3-4 repeat to other side

a5 L toe behind, L

& L heel with ball of foot remaining on floor

Continued...

Fig 4 cont'd

a6 R toe behind, R
& R heel with ball of foot remaining on floor
a7-8 repeat 1-2
9-32 repeat 1-8 alternating

Fig 5

Volados
1& R hop with L swinging in front
2& L hop with R swinging in front
3& R, L
4& R hop with L swinging in front
5& L hop with R swinging in front
6& R hop with L swinging in front
7& L, R
8-31 repeat cts 4-7 alternating
32 hold

Fig 6

Punteado traseros
1-4 repeat fig 4 R toe going behind first
5-6 repeat fig 4 turning 1 turn to R
7-8 repeat fig 4
9-32 repeat alternating
on last turn to L only $\frac{1}{2}$
end with 2 stamps on R

continued...

Colas formation for three couples

W M
M W

WM
starting position

MW

WM
couple 1
dances 1st

WM

MW

W M
couple 1
does 1 mariposa

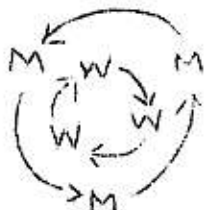
MW

WM

on 2nd mariposa
other couples join



fig 3
w circle L
m circle R



w reverse circle
m reverse circle



fig 4
on 2nd m, w
change places
on 3,4 all form
straight line

WM

WM WM WM WM

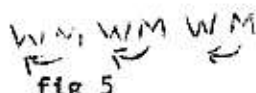
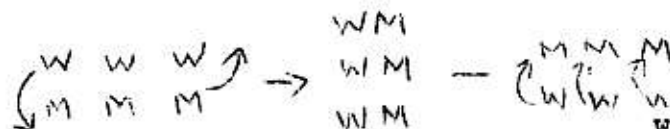


fig 5
on 1st m in front
of w



as group all
turn $\frac{1}{2}$ to counterclockwise 2,3,4

WM WM WM

as straight line
continue turning

M
W
M
W
M
W

to end with back to audience

M M M
W W W

end with w slightly in front of m