

KING SAILOR

(Calypso)

The rhythm of the Calypso is probably one of the oldest in the New World. Originated in the British West Indies, especially in Trinidad, the songs of the Calypso served as the local newspapers for many years among an illiterate people. The Calypso rhythm has had for many ways a traditional dance which has been known as the King Sailor. Although separated by thousands of miles it is easy to see the association in step and type of rhythm between this West Indian dance and certain dances such as the Charleston, Jitterbug, etc., originated by Negroes in the United States. This dance can be seen now in nearly all of the British West Indies, Trinidad, Antigua, Jamaica and Tobago.

Music: Monogram M 851 "Loving Woman is a Waste of Time."

Formation: Couples in a circle, facing. M inside, W outside.

Steps:

Calypso Walk: Keeping feet close together and knees flexed,

Step on R ft (ct. 1); keeping weight on R ft, move R heel outward (ct. 2);

Step on L ft (ct. 1); keeping weight on L ft, move L heel outward (ct. 2).

Body is kept relaxed at all times, letting shoulders swing with rhythm of music.

Calypso:

Short Phrase

Moving to the R:

Wt on L ft, turn L toe sharply in (ct. &);

Wt still on L ft, turn L heel in sharply, moving slightly to R, at same time touching R heel to floor beside L ft (ct. 1);

Picking up R ft, turn L toe in sharply (ct. &);

Turning L heel inward at same time touching R heel to floor and transferring weight to R ft (ct. 2).

Moving to the L:

With wt on R ft, turn R toe in (ct. &);

Turn R heel inward moving slightly to L and at same time touching L heel to floor beside R (ct. 1);

Picking up L ft, turn R toe in sharply (ct. &);

Turn R heel in at same time touching L heel to floor and transferring wt to L ft (ct. 2).

Long Phrase

Moving to the R:

Turn L toe inward (ct. &); turn L heel in, touching R heel at same time (ct. 1);

Turn L toe inward picking up R ft (ct. &);

Turn L heel inward touching R heel to floor (ct. 2);

Turn L toe inward, picking up R ft (ct. &);

Turn L heel inward, touching R heel to floor (ct. 3);

Turn L toe inward (ct. &);

Turn L heel inward, touching R heel and transferring wt to R ft (ct. 4).

Repeat to L, with weight on R ft.

Whenever the Calypso step is used in this dance it is repeated as follows:

Short phrase: Partners starting on opposite feet - M moving to L, W to R,
M's wt on R ft and W's wt on L. Step is done (for M),
L, R, L, R, L, R, L, R.

Long phrase: M moves to L, R, L, R, W moves R, L, R, L.

Dance described for M, W dances counterpart.

Meas.

- 1-16 I. Partners facing - not touching, arms held at side, elbows bent, shoulders and arms moving with music. Dance in place with 16 Calypso walk steps, M starting L, W R.
- 17-32 M turning to his L, W to R, describe two complete circles away from each other with 16 Calypso walk steps.
- 1-16 II. In ballroom position - Calypso step - short phrase
- 17-32 In ballroom position - Calypso step - long phrase
- I. (Repeated - a.) But in meas. 17-32 walk around each other passing R shoulders.

KING SAILOR (continued)

- Meas.
- II. (Repeated - a.) But dance in open position, not touching, both persons with arms outstretched to sides at shoulder height.
 - 1-8 III. R elbows joined, walk around each other with 8 Calypso walk steps.
 - 9-16 Repeat above with L elbows joined.
 - II. (Repeated)
 - 1-4 IV. Ballroom position: Step L (ct. 1,2); close R to L (ct. 3,4);
Step L (ct. 1,2); close R to L but keeping wt on L ft bringing R ft up to L with knee bent and ball of R ft touching floor, R heel well raised.
 - 5-8 Stepping on R ft turn away from partner in complete circle with 4 Calypso walk steps.
 - 9-16 Repeat above starting CW.
 - 16-32 Repeat all of above.
 - II. (Repeated - a.)
 - 1-16 V. In ballroom position, pivot turning CW progressing CCW to end of music (16 steps).

— arranged and presented by Lisa and Walter Lekis