

Me Traes de Un Ala

(U.S.A./Mexico)

Me Traes de Un Ala (meh TRY-ess deh oon AH-lah) means, "You've got me by a wing," a confession of falling totally in love. The helpless singer, frustrated at first because his commitment is not returned, decides during the course of the song that he will be able to adjust to the situation. This polka was introduced at Mendocino Folklore Camp 2001 by Benjamin Hernandez, who learned it from Albert S. Pill of UCLA.

Music: 45 rpm record: DISCOS FUEGO (José Luz Alaniz) FO 704-A; 2/4 meter
Cassette: Benjamin Hernandez - MFL Tape 2001, Side A/5.

Formation: Men and women facing partners in parallel lines, three feet apart.

Steps and Styling: Couple position: ML hand holds WR hand, palm to palm. MR hand holds WL elbow. WL hand hold MR elbow or forearm. Use this pos with ptrs either facing each other or facing in either direction along the line of couples.

Solo positions: M hold belt at buckle with both hands; W hands on hips, fingers fwd. For both, knees are slightly bent and body leans fwd slightly from waist. The dance is very flirtatious.

Meas	2/4 meter	Pattern
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4 meas INTRODUCTION

I. BASIC (Ftwk and direction are the same for M and W.)

- 1 Facing L of ptr, lift on L (ct &); step fwd on R (ct 1); lift on R (ct &); step fwd on L, bringing R shldrs together (ct 2).
- 2 R to R shldrs with ptr, lift on L (ct &); bending fwd and twisting CW to come face to face with ptr, stamp lightly R, L, R with flat ft (cts 1,&,2). M may place hands on ptr's shldrs.
- 3 Straightening body, repeat meas 1 with opp ftwk, moving bkwd, and pivoting CW on the R ft at the end to face diag R of ptr.
- 4 Lifting on R, raise L leg with bent knee across in front of body (ct &); straightening L leg, scuff L ft across in front of R (ct 1); repeat cts &, 1 (cts &,2).
- 5-8 Facing R of ptr, repeat meas 1-4 with opp ftwk and direction.
- 9-16 Repeat meas 1-8.

II. SWAY (Ftwk and direction are the same for M and W.)

- 1 Facing ptr and bending L knee, step wide on R to R with knee straight, twisting CW by pivoting on balls of both ft (ct 1); squaring body and ft smoothly, close L to R, no wt (ct 2).
- 2 Repeat meas 1 with opp ftwk and direction.
- 3-4 Repeat meas 1 but take wt on L on meas 3, ct 2, then repeat meas 1.
- 5-8 Repeat meas 1-4 with opp ftwk and direction.
- 9-16 Repeat meas 1-8.