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LA MESTICITA

(Mexican Folk Dance from Yucatan)

- SOURCE:** "Mexican Folk Dances," M. Sedillo. Research by Letitia Innis.
- MUSIC:** Record: La Mesticita—Imperial 1083B.
Music: Mexican and New Mexican Dances—M. Sedillo.
- FORMATION:** Couples side by side in a line. W in front of partners, hands joined in Varsouvienne position. Dancers move sedately and with dignified posture through the dance patterns.
- STEPS:** Running Waltz*, Waltz Balance*, Step-hop-tap, Step-hop-step. Swing-hop.

MUSIC 3/4	PATTERN
Measures 1-8	Introduction. Dancers stand in formation.
A. 1-8	I. <i>Waltz and Separate</i> Partners move fwd with 8 small waltz balance steps, no body sway—both start R.
9-16	Separate from partner (hands high at shoulder height) and turn slowly CW with 8 waltz balance steps. M moving toward original position. Finish in 2 lines, about 4 ft apart.
	II. <i>Step-Hop and Tap</i> Partners face each other. W holds skirt with both hands, M has his thumbs in his belt.
B. 1	Step R (ct 1), hop R (ct 2), tap L toe in front of R (weight on R) (ct 3).
2	Repeat Fig. II, meas. 1, starting L.
3-6	Repeat Fig. II, meas. 1 and 2 twice, advancing toward partner.
7-8	Four light stamps bringing partners' R shoulders together.
9-16	Repeat action Fig. II, meas. 1-8, continuing in same direction and crossing into opposite position. Turn CW to face partner on 4 stamps.
17-32	Repeat entire Fig. II, returning to place.
	III. <i>Cross Back-Hop, Step</i> Partners facing, both move to own R. Step L back of R (ct 1), hop L, raising R knee slightly in front (ct 2), step twd R (ct 3).
2-3	Repeat action Fig. III, meas. 1, twice.
4	Step L back of R (ct 1), step R beside L (ct 2), step fwd L (ct 3).
5-8	Repeat Fig. III, meas. 1-4, moving to own L, starting with R ft.
9-12	Repeat Fig. III, meas. 1-4, turning in place to R (CW), start L ft.
13-16	Repeat Fig. III, meas. 1-4, turning in place to L (CCW), starting R ft.
17-32	Repeat entire Fig. III, meas. 1-16.
	IV. <i>Partners Waltz</i> On meas. 1 partners move toward each other with one waltz step. Cross R wrists, palms out, elbows bent shoulder height and turn CW with 7 running waltz steps, starting R ft.
A. 9-16	Cross L wrists and turn CCW with 8 running waltz steps.
17-24	In closed dance position, partners turn CW in place 8 waltz steps.
25-31	Partners separate, hands high as in Fig. I, turn CW in place with 7 waltz balance steps.
32	Face partners, step R (ct 1), hold (ct 2), swing L leg bwd (ct 3).

LA MESTICITA--Continued

MUSIC 3/4	PATTERN
	<i>V. Quarter Turn Around Partner</i>
B. 1	Step L in back of R (ct 1), (both making a quarter turn to L still facing each other), hop L (ct 2), step fwd R (ct 3).
2	Step back L (ct 1), step R beside L (ct 2), step fwd L (ct 3).
3-4	Repeat Fig. V, meas. 1-2, starting R (omit the quarter turn).
5-6	Repeat Fig. V, meas. 1-2, starting L (omit the quarter turn).
7	Three light stamps (R, L, R), moving toward partner.
8	Stamp R (ct 1), keeping weight on R, hold (ct 2), swing L leg bwd (ct 3).
9-16	Repeat Fig. V, meas. 1-8, making a quarter turn to L on ct 1, meas. 9.
17-32	Repeat entire Fig. V, meas. 1-16. Dancers travel around a square to the R always facing partner, making a quarter turn to L on ct 1 of meas. 1, 9, 17, 25.
	<i>VI. Swing-Hop with Turn-Waltz and Pose</i>
C. 1	Partners facing. Swing R leg bwd (ct 1), hop L (ct 2), swing R ft fwd brushing floor (ct 3).
2	Hop L (ct 1), swing R across in front of L, slapping floor with R ft (ct 2), tap R toe in front of L (ct 3), weight on L ft.
3-4	Step R and at same time swing L leg bwd (ct 1) to repeat meas. 1-2.
5-8	Repeat Fig. VI, meas. 1-4.
9-12	Repeat Fig. VI, meas. 1-4, W making a complete turn CCW, M dancing in place.
13-16	Repeat Fig. VI, meas. 1-4, M making a complete turn CCW, W dancing in place.
17-20	Repeat Fig. VI, meas. 1-4, W turning CCW, M dancing in place.
21-24	Repeat Fig. VI, meas. 1-4, M turning CCW. On meas. 23-24 W makes a half turn CCW to finish with back to partner.
25-30	Partners in Varsouvienne position move fwd with 6 waltz balance steps, starting R.
31-32	Finish with 4 light stamps moving fwd slightly and pose.