

POLKA ESPAÑOLA

(Visayan)

Philippines

The Polka was very popular during the Spanish regime in the Philippines. Many variations are found throughout the Islands. This lively version from Negros Occidental, follows the polka rhythm although it does not use the traditional polka step.

COSTUME Girl wears Maria Clara style and Boy wears barong tagalog with black or any colored trousers.

MUSIC is divided into four parts: A, B, C, and D.

COUNT: One, and, two, and; one, ah, two, ah or one, two to a measure.

FORMATION: Partners stand side by side facing front, Girl at right side of Boy. One to any number of pairs may take part in this dance.

INTRODUCTION

Music Introduction.

Partners face the audience.

(a) Starting with R foot, take four walking steps forward,
swinging arms at sides 2 M

(b) Repeat (a) moving backward 2 M

(c) Step R foot backward (1 M) and point L foot in front,
arms in 4th. position, R arm high (1 M) 2 M

Continued...

— I —

Music A.

Partners face each other.

(a) Take two galop steps sideward right (cts. 1, ah, 2, ah).
Arms lateral left, shoulder level 1 M

(b) Three stamps in place (R, L, R) (cts. 1 and 2), pause
(ct. and). Girl holds skirt, Boy places hands on waist 1 M

(c) Repeat (a) and (b) two more times (L, R). Reverse
the position of the arms every two measures no weight on the
last stamp 4 M

(d) Execute two brincos con vueltas sin puntillas turning
to right, finishing in proper places Girl holds skirt, Boy places
hands on waist 2 M

Partners face the audience.

(e) Repeat (a-c) starting with the inside foot. Girl put on
weight on the last stamp, Boy no weight on the last stamp, Girl
passing front, finishing in partner's place 6 M

(f) Repeat (d) 2 M

— II —

Music B.

Partners face each other.

(a) Four steps to turn in place (R, L, R, L), arms in
4th. position, R arm high (cts. 1, and, 2, and), pause (cts. 1, and,
2, and). Finish the turn facing each other 2 M

(b) Repeat (a) (R, L, R, L) turning left. Reverse position
of arms. Finish the turn facing partner 2 M

(c) Starting with R foot, take two heel and toe polka steps
forward to partner's place passing by L shoulders. Arms in 4th.
position, L and R arm high alternately. Finish facing away from
each other 4 M

(d) Repeat (a) and (b). Finish the turn facing away from
each other 4 M

(e) Repeat figure I (d). Finish facing partner in proper
places 2 M

(f) Cross-steps turn R, arms in 4th. position R arm high .. 2 M

continued -

Partners face the audience.

(g) Repeat all (a-f), finishing in proper places 16 M

INTERLUDE

Music Interlude.

Partners face the audience.

(a) Starting with the inside foot, take two brincos sin vueltas y puntillas (same as brincos con vueltas sin puntillas without turning), moving inward to center (moving inward is done while hopping on the first ct. and). Arms moving from 1st. position on (cts. 1, and) to 2nd. position on (cts. 2, and) of every measure .. 2 M

(b) Repeat (a) moving outward, finishing in proper places . 2 M

— III —

Music C.

Partners face each other.

(a) Slide R foot sideward (ct. 1), step L foot close to R foot (ct. and), repeat same (cts. 2, and) 1 M

(b) Starting with the R foot, take three stamps in place (R, L, R) (cts. 1, and, 2), pause (ct. and). Girl holds skirt, Boy places hands on waist 1 M

(c) Repeat (a-b) three more times (L, R, L) 6 M

Partners face left.

(d) Repeat (a-b) (R, L, R) moving sideward right and left alternately 6 M

(e) Repeat figure I (d) 2 M

— IV —

PASEO

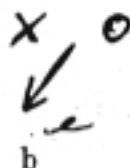
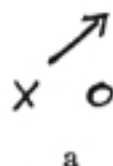
Music D.

Partners face the audience.

(a) Take four paseo steps moving obliquely forward right arms as in figure III (b) 4 M

Continued.

- (b) Turn left about and repeat (a) moving obliquely forward left (away from the audience) 4 M
- (c) Execute eight paseo steps forward moving clockwise (see diagram below), finish in proper places 8 M



— V —

Music C.

Partners face the audience.

- (a) Repeat figure (a-c) finish facing each other 8 M

Partners face left.

- (b) Repeat figure III (d) moving obliquely sideward right and left alternately 6 M
- (c) Repeat figure III (e) finish facing each other 2 M

— VI —

Music D.

Partners face left so that R shoulders are toward each other.

- (a) Starting with the R foot take eight paseo steps around clockwise finish in jaleo position, arms as in figure III (b) 8 M

- (b) Repeat (a) in jaleo position moving clockwise L arm in 5th. position, R hand on waist 8 M

FINALE

Music E.

- Partners join inside hands. Free hand of Girl holding skirt, that of Boy is placed on waist. Girl executes whirl turn right (2 M), whirl turn left (2 M). Boy in the meantime stands in place 4 M
- Both bow to audience 2 M