

POLKA NORTENA
Northern Polka

Regional dance of Tamaulipas, Mexico

Formation: Danced by couples indiscriminately scattered about the room. It is done in a circle for teaching purposes only!

Record: Victor 70-7452B De Raynosa A Matamoros (23-0879)

Music: Pattern

1st step Partners facing each other, hands joined, arms outstretched.
16 measures Three sliding steps to M's L, heel-and-two-stamp-stamp with M's R foot, W's L foot. Three sliding steps to M's R, heel-and-toe-stamp-stamp with M's L foot, W's R foot. This entire sequence is done four times.

2nd step The W assumes a sitting "ranchera" position, the M dances around
16 measures her. The M does a modified step-hop around her for eight measures to the R and for eight measures to the L. The M does a step-hop while describing in the air with his free foot a heel and toe step. When done in tempo, the man appears to be shaking his free foot as he step-hops around his partner. The M's hands are in front on his waist, his thumbs hooked in his belt in the characteristic position of northern Mexican dances.

3rd step The M helps the W to her feet and kneels on one knee while she
16 measures does the modified step-hop around him, eight measures to the R and eight measures to the L. She holds her skirts in a graceful manner and does not dance as vigorously as did the man.

4th step In social dance position they dance a lively one-step for sixteen
16 measures measures, dancing forward, backward, and turning ad libitum. Repeat the entire dance.

Mood The spirit in which this dance is done is more important than precision of step. This dance originated at the time of the 1910 revolution in Mexico. It is an expression of the strong regional sentiments. This dance is often begun in the following manner:
The couples are scattered around on all sides of the dance floor. The leader shouts, "Asi se baila en el Norte!" (This is how we dance in the North!). The couples run on to the dance floor, shouting and cheering. The women sit on the floor and the men may either kneel on one knee before her or else stand before her with his legs spread and his thumbs hooked in the front part of belt. When the music begins, he helps his partner to her feet and they begin dancing. It is not a heinous crime to miss the first few measures of the music. At the end of the dance the couples run off the floor shouting.

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