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POLKA SALA

(Philippines)

This is an old ballroom dance presented at Stockton by Celia Olivar. It was popular in the Philippines during the Spanish regime.

SOURCE: *Tolentino, Francisca Reyes, *Philippine National Dances*, N. Y., Silver Burdett Co., 1946.

MUSIC: Record: Imperial Record Album FD-37, No. 1184.
The music should be played slower than recorded if possible.

FORMATION: Couples in ballroom position spaced all over area, not in circle.

STEPS: Native polka, polka heel-toe, slide.

MUSIC 2/4	PATTERN
Meas.	
A 1-16	<p><i>Figure I. Native Polka</i> Closed position, W R arm and M L arm extended with elbows relaxed. Partners take 16 polka steps moving in any direction around floor. The native polka is like the two-step, a step, close, step, hold with no hop on the up-beat.</p>
B 1	<p><i>Figure II. Polka, Heel-Toe, Turn</i> Open position, inside hands joined shoulder high, W outside hand holds skirt, M free hand at waist. Starting with outside foot, take one native polka step fwd.</p>
2	Place heel of inside foot fwd (ct 1 &), touch toe of same ft back (ct 2 &).
3-4	Release hands, turn inward toward pointed toe, join inside hands, facing opposite direction. Repeat action Fig II, meas 1-2.
5-16	Repeat action "polka, heel-toe, turn" 6 times. (Fig II, meas 3-4).
A 1-2	<p><i>Figure III. Point, Close and Polka</i> M stands behind W, both facing same direction, arms extended sdwd and hands joined. With trunk bent slightly R and R hands lowered, point R ft sdwd (ct 1 &); point R ft close to L (ct 2 &); take 1 native polka sdwd R.</p>
C 3-4	Bend trunk to L and lower L hands. Repeat Fig III, meas 1-2 to L.
5-16	Repeat Fig III, meas 1-4 3 times.
1-2	<p><i>Figure IV. Slide</i> Same position as for Fig III. Take 4 slides sdwd R, L arm high, R arm down.</p>
3-4	Take 4 slides sdwd L, R arm high and L arm down.
5-16	<p>Repeat action Fig IV, meas 1-4, 3 more times. The slides are taken in any direction around room.</p>
	Repeat entire dance.
	<p>*This description is presented by special arrangements with the author and the publishers. We commend this book for details and styling on all dance items from the Philippines.</p>