

# POLKA SA NAYON

(Tagalog)

*Philippines*

This ballroom polka was popular in the province of Batangas in the old days. It was usually danced during town fiestas and in big social affairs.

**COSTUME.** The girl wears the Maria Clara or balintawak costume; the boy, *barong tagalog* and black or white pants.

**COUNT** one, and, two, and to a measure.

**MUSIC** is composed of three parts: A, B, and C.

**FORMATION.** Couples are scattered informally around the room. When performed for demonstration, dancers may be grouped into sets of four pairs in square formation, each couple occupying a corner; or they may be arranged in longways formation.

When performed as a ballroom dance, partners may face in any direction and are scattered about the room.

Note: Boy starts with L foot and girl, with R foot in figures I, II, and III. The letter or word in parenthesis in the instructions is for girl.

## Introduction

### Music Introduction.

Partners face audience, inside hands joined, free hand of girl holding skirt, that of boy is placed on waist.

- (a) Tap R foot on every count of the measure. .... 8 M
- (b) Partners hold in closed ballroom dance position to get ready for figure I. 4 M

## — I —

### Music A.

Extended arms toward audience.

- (a) Starting with L (R) foot, take four polka steps around clockwise finishing in original position. .... 4 M
- (b) Point L (R) sideward (cts. 1, and), point L (R) close to R (L) (cts. 2, and). Take one polka step sideward left (right) (cts. 1, and, 2, and). .... 2 M
- (c) Repeat (b), starting with R (L) foot. .... 2 M
- (d) Repeat all (a-c), three more times. .... 24 M

## — II —

### Music B.

Face audience. Partners release hold. Stand side by side, girl at right, inside hands joined. Free hand of girl holds skirt, that of boy is placed on waist.

- (a) Starting with outside foot, take two heel and toe polka steps forward. ... 4 M
- (b) One polka step outward (1M) and one polka step inward (1M). .... 2 M
- (c) Drop inside hands. Starting with outside foot, take two polka steps to turn about outward in place. Finish facing in opposite direction. .... 2 M
- Join inside hands, free hands as above.
- (d) Repeat (a-c), starting with inside foot. Reverse direction in (b) and (c). .... 8 M
- (e) Repeat all (a-d). .... 16 M

## — III —

### Music A.

Partners hold in closed ballroom dance position, extended arms toward audience.

- (a) Starting with L (R) foot, take four polka steps clockwise as in figure I (a). .... 4 M
- (b) Take three gallop steps sideward left (right) toward front (3 cts.), pause (1 ct.). Do not put weight on the closing foot on the third gallop step. ... 2 M
- (c) Repeat (b), starting with other foot, going in opposite direction. .... 2 M
- (d) Repeat all (a-c), three more times. .... 24 M

*continued...*

## — IV —

## Music C.

Partners join inside hands as in figure II. Both start with R foot.

- |   |      |
|---|------|
| (a) Partners take one polka step sideward R and on polka step sideward L.   | 2 M  |
| (b) Point R in front (cts. 1, and), raise same foot across L foot in front, just above the ankle (cts. 2, and). Point R foot in front (cts. 1, and), step R close to L foot (cts 2, and). | 2 M  |
| (c) Repeat (a) and (b), starting with L foot.   | 4 M  |
| Drop inside hands. Face each other and place both hands on own waist.   |      |
| (d) With R elbows near each other (jaleo position), take eight polka steps forward, turning clockwise twice (four polka steps for each turn). Finish in proper places.                    | 8 M  |
| (e) Repeat all (a-d).   | 16 M |

## SALUDO

## Music Finale.

Partners face audience. Join inside hands, free hands as in figure II.

- |   |     |
|---|-----|
| (a) Starting with R foot, take four polka steps forward.  | 4 M |
| (b) Girl whirls counterclockwise under arch of arms as many times as possible.                                    | 3 M |
| (c) Drop inside hands. Face and bow to each other or to audience; girl holds skirt and boy places hands on waist. | 1 M |

Note: If desired, the whole dance may be repeated in sets of four pairs in square formation, all facing center of set. The saludo is performed with all facing front only when ending dance.