

## 1961 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Francisca Aquino

## POLKA SA NAYON

(Philippine)

SOURCE: This dance introduced in the United States by Francisca Aquino, noted authority on Philippine dances. Detailed directions and music available in her Handbook of Philippine dances. These are condensed directions. Please do not reproduce without written permission.

*is from Tagalog region and*  
 Polka Sa Nayon means "country polka." It was popular in the province of Batangas in the Spanish times and was done at big social affairs and during town fiestas. (Philippine folk dance Tagalog)

RECORD: Folk Dancer MH 2024

FORMATION: Couples scattered informally around the room. When performed for demonstration, dancers may be grouped into sets of 4 pairs in square formation, each couple occupying a corner; or they may be arranged in longways formation.

NOTE: Boy starts with left foot and girl with right foot in figures I, II and III. The letter or word in parentheses in the directions is for the girl.

COUNT: One, and, two, and, to a measure. Music is composed of three parts, A, B, and C.

Music

Pattern

Meas.

## INTRODUCTION:

Partners face audience, inside hands joined, free hands of girl on skirt, boy has hand on hip.

- 8 a) Tap right foot on every count of the meas. (16 counts)  
 4 b) Partners hold in closed ballroom dance position to get ready for Part I.

## PART I MUSIC A Extended arms toward audience.

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

*Continued...*

## Polka Sa Nayan (cont'd)

Meas.

PART II MUSIC B Face audience, Partners release hold. Stand side by side, girl at right inside hands joined.

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

PART III MUSIC A Partners hold in closed ballroom dance position, extended arms toward audience.

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

PART IV MUSIC C Partners join inside hands as in Figure II, both start with right foot.

- 2 a) Partners take one polka step right sideward and one polka left sideward.
- 2 b) Point R in front (counts 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 left foot (cts 2, and).
- 4 c) Repeat (a) and (b) strating with left foot.  
Drop inside hands. Face each other and place both hands on own waist.
- 8 d) With right elbows near each other (Jaleo position), take 8 polka steps forward, turning clockwise twice (four polka steps for each turn.) Finish in proper position.
- 16 e) Repeat all (a-d).

*Continued.*

## Polka Sa Nayan (cont'd)

Meas.

## SALUDO MUSIC FINALE.

Partners face audience. Join inside hands free hands as in Figure II.

- 4 a) Starting with right foot, take 4 polka steps forward.
- 3 b) Girl whirls counterclockwise under arch of arms as many times as possible, boy stands in place.
- 1 c) Drop inside hands. Face and bow to each other or to audience.

NOTE: If desired, the whole dance may now be repeated in sets of four pairs in square formation, all facing center of set. The Saludo is performed with all facing front only at the end of the dance.