

POLKA SA NAYON  
(Philippines)

**SOURCE:** Polka Sa Nayon (POHL-kah sah-NAH-yohn) means "polka in the village." This dance originated in the province of Batangas in the Tagalog region on the island of Luzon. It was usually danced at big social functions and during town fiestas.

Philippine polka, unlike its European counterpart, is slower and smoother. It is performed with less vigor and energy due to the climatic conditions of the country.

**MUSIC:** Record - HICO Records, HX 342-A 2/4 meter

**FORMATION:** Cpls are scattered informally around the room. When performed for a demonstration, dancers may be arranged in a set of four cpls in a square formation, each cpl occupying a corner; or, they may be in longways pos.

**STEPS & STYLING:** Polka: Step L fwd (ct 1); close R instep to heel of L (ct &); step L fwd (ct 2); hold (ct &). Bend body slightly twd side of leading ft. Step alternates and may be danced in any direction.  
Heel and Toe Polka: Touch L heel diag fwd on floor toe up (ct 1); touch L toe to the rear (ct 2); Beginning L, take on polka step (cts 1,&,2,3). This step may begin with either ft.  
Galop: Step L ft in front (ct 1); cut L ft with R thus displacing and at the same time taking the wt of the body with R ft (ct &). There are two Galops to a meas. This is done with L ft leading and may be done in any direction.  
Jaleo: This is a Tagalog term but of Spanish origin. Ptrs turn around CW (with R elbows almost touching) or CCW (with L elbows almost touching) using walking or any dance step

**MUSIC:** 2/4

**PATTERN**

Meas.

INTRODUCTION

1-8 Ptrs face LOD, inside hands joined. Free hand of W holds skirt, M hands on waist. Tap toe (M L, W R) in LOD 16 times. (Omit first two taps if Introduction is needed).

9-12 Ptrs take closed ballroom pos, M back to ctr.

FIGURE I POLKA AND POINT

1-4 Beginning M L, W R, dance four polka steps, turning CW and moving in LOD. End with M back to ctr.

5-6 Point M L, W R sdwd (ct 1); point M L, W R close to M R, W L (ct 2). Dance one polka step sdwd M L, W R (cts 1,&,2)

7-8 Repeat action of meas 5-6, with M R, W L

9-32 Repeat action of meas 1-8, three more times.

FIGURE II HEEL AND TOE POLKA (FACE LOD, W on M R, Inside hands joined. Free hand of W holds skirt, M on waist.) *continued...*

## POLKA SA NAYON (Cont'd)

- 1-4 Beginning on outside ft (M L, W R), dance two Heel and Toe Polka steps fwd.
- 5-6 Dance one Polka step sdwd away from ptr, then twd ptr with one Polka Step
- 7-8 Release inside hands. Dance two Polka steps to turn away from ptr (M L, W R). End facing RLOD.
- 9-16 Repeat action of meas 1-8 Fig II. Reverse directions on actions of meas 5-8.
- 17-32 Repeat action of meas 1-16, Fig II.

## FIGURE III POLKA AND GALOP (PTRS IN CLOSED BALLROOM POS \_ EXTENDED ARMS TWD LOD)

- 1-4 Repeat action of meas 1-4, Fig I
- 5-6 With three Galop steps, move sdwd twd LOD (cts 1,2,1). Pause without putting wt on last closing step.
- 7-8 Beginning M R, W L, repeat action of meas 5-6, Fig III, moving away from LOD.
- 9-32 Repeat action of meas 1-8 Fig III, three more times. Finish facing LOD
- FIGURE IV POINT AND CIRCLE CW (FACE LOD AS IN FIG. II)

- 1-2 Both beginning R, dance one Polka Step sdwd R and one Polka Step sdwd L
- 3-4 Point R fwd R (ct 1); raise same ft across L in front, just above the ankle (cts 2, &). Point R in front (cts 1,&); step R close to L (cts 2,&).
- 5-8 Beginning L, repeat action of meas 1-4, Fig IV. Finish with both hands on waist, R elbows adjacent in "Jaleo" pos.
- 9-16 With R elbows near each other, dance eight Polka steps fwd, circling with ptr CW twice (four Polka steps for each time around). Finish in orig places
- 17-32 Repeat action of meas 1-16, Fig IV.

## FIGURE V FINALE (SALUDO) PTRS FACE LOD INSIDE HANDS JOINED, HANDS AS IN FIG II

- 1-4 Beginning R, four Polka steps fwd.
- 5-7 W whirls CCW under arch of arms as many times as possible.
- 8 Release joined hands and bow to ptr. W holds skirt, M hands on waist.