

PUKOL  
(Philippines)

PUKOL (poo-kohl) means to strike or bump against each other. This folk dance is evidently derived from one of the oldest children's games in the Visayan islands called POKOE (pronounced poh-koi) in Aklan, Capiz province, and PUKOL in other parts of Panay island. The game is often associated with bathing in the river or at the sea.

Music: Record: MICO Record MX-518-A (45 rpm).  
Piano: Francisca R. Aquino, Philippine Folk Dances,  
Vol. III Manila, Philippines, 1956. 3/4 meter

Formation: Ptrs stand opp each other about 6 ft apart. W stands at ptr's R when facing an audience. Arms down at side.

Steps and Styling: Sway Balance with a point (using coconut shells); (two meas): Step R obliquely fwd onto R, both ft are on the floor (ct 1); L ft leaves floor and moves in a semi-circle from L to R and across R ft (ct 2); step onto L in front of R (ct 3). Step R obliquely bkwd R (ct 1, meas 2); point L ft diag fwd (cts 2,3). Open arms: arms move fwd, chest level with arms rounded and coconut shells back to back to an easy open pos (ct 1); arms move upward slightly above head level (fwd of head) (cts 2,3). Strike coconut shells together on ct 2. Immediately bring hands down to repeat Sway Balance (ct 1).

Cross Waltz: Step on flat of R ft across L (ct 1); lifting L ft slightly in rear, step on ball of L ft in orig place (ct 2); step fwd onto R (ct 3).

Cross Turn (two meas): Cross R in front of L stepping on ball of R ft (ct 1); making a full turn CCW on balls of R ft (ct 2); lower heels to floor (ct 3). Hold (cts 1,2,3). This turn may be done without a pause, in one meas.

Sway Balance with a hop (two meas): Step R obliquely fwd R (cts 1,2); step L across R (ct 3); step R obliquely bkwd R (ct 1); raise L ft across R, hopping on the R (ct 2); strike coconut shells together (ct 3).

Salok (hand movement used with Cross Turn): Swing the R arm downward and then upward passing in front of the body to end with R arm overhead. "Salok" is a Tagalog term.

Costume: W wears patadyong, caminsa, and soft panuelo. M wears barontagalog and white or any colored pants. Each dancer holds two half-coconut shells, one in each hand.

PUKOL (continued)

<u>Meas</u>	<u>Pattern</u>
	<u>I. SWAY BALANCE STEPS WITH A POINT.</u> (Ptrs face)
1-16	Beg. R, dance eight Sway Balance steps with a point. Alternate R and L. Strike coconut shells together on ct 2 of every 2nd meas.
	<u>II. CROSS WALTZ STEPS.</u> (Ptrs turn R shldrs twd each other.)
1-8	Beg. R, dance eight Cross Waltz steps fwd moving CW. Strike coconut shells together three times to a meas (cts 1,2,3). W strikes coconut alternately, striking first in the rear (comfortable hip level) then fwd (eye level). M strikes coconut shells alternately but begins fwd at eye level.
	<u>III. SALOK.</u> (Ptrs face)
1-2	Salok crossing L ft over R with L hand sweeping down, R hand low and extended to R side, turning CW. Strike coconut shells together overhead (ct 1, meas 2). Hold (cts 2,3).
3-4	Repeat action of meas 1-2 (Fig. III).
5-8	Repeat action of meas 1-4 (Fig. III), reversing action of ft and arms and turning CCW.
9-16	Repeat action of meas 1-8 (Fig. III).
	<u>IV. HOP STEP.</u> (Ptrs face. Ptrs do movements simultaneously).
1	W: Hop on L placing R heel in front, knee straight (ct 1); pause (ct 2); hop on L moving sdwd R and keeping R heel in front (ct 3). Forearms are parallel to floor at comfortable shldr level, elbows bent, knuckles near each other. Move elbows up (ct &), down (ct 1); down (ct 3), as if flapping wings.
2-8	Repeat action of meas 1 (Fig. IV) seven more times, moving gradually sdwd R.
9-16	Repeat action of meas 1-8 (Fig. IV) in opp direction and with opp ftwk. Move sdwd L placing L heel in front and hopping on R.
1	M: Step R fwd, hands down at sides (ct 1); raise L knee in front and hop twice on R. Strike coconut shells together two times under L knee, bending trunk fwd (cts 2,3).
2-8	Repeat action of meas 1 (Fig. IV) seven more times, L and R alternately, moving around ptr CW. Finish in orig place.
9-16	Repeat action of meas 1-8 (Fig. IV), moving around ptr CCW.
	<u>V. SWAY BALANCE WITH A HOP.</u> (Ptrs face)
1-14	W: Beg. R, dance 14 Cross Waltz steps alternately sdwd R and L. Arms as in Fig. IV.
15-16	Bow to ptr or to audience. Bend fwd slightly at waist keeping ft together.
	M: Repeat action of meas 1-14 (Fig. IV). During meas 15-16, Bow to ptr or to audience. Bend fwd slightly at waist keeping ft together.

PUKOL (continued)

NOTE: M's part in Fig. IV is adapted for teaching purposes. However, the following traditional steps are suggested for exhibition or demonstration.

ALTERNATE FIGURE FOR M.

- 1-2 Assume sitting pos. Kneel on both knees and bend trunk fwd so that chest is close to knees. Clasp hands around knees. Roll on floor to R side (cts 1,2,3). Resume kneeling pos (cts 1,2,3).
- 3-4 Repeat action of meas 1-2 (Fig. VI), rolling to L side.
- 5-14 Repeat action of meas 1-4 (Fig. VI), doing movement alternately five more times.
- 15-16 Stand on the last two meas and bow to ptr or to audience.

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