

TINIKLING

Philippine Folk Dance
Record EPA 4126 or
FOLK DANCER MH 2033

Tinikling

This dance is the most widely known Philippine dance since it is a standard performing number whenever Philippines perform. The "Tikling" is a long-legged bird. The dance represents this bird stalking over long grass, tree limbs, and aviudubgheing caught in a trap. The long poles used in the dance represent the trap.

REQUIREMENTS: Two long bamboo poles approximately 9 feet long. Two pieces of board about 30 inches long and two inches thick to be placed under the poles, one foot from each end. Such poles may be secured from places that sell rugs, carpets. Do not use regular wood, as dancers may have their ankles hurt. The dance is done in bare feet. The people striking the poles must remember to keep steady rhythm. Avoid looking at dancer's feet, as this sometimes causes them to lose the beat.

The BAMBOO RHYTHM is Count 1. Strike poles together (slide them along board)
Count 2-3. Spread poles apart and strike them twice on
end of board.

It may help to say, "in-out-out; in-out-out"

For general recreation purposes only a few of the figures are given below. The leader may use these depending on the group, its age, ability, etc., or add more complicated figures.

STEP 1: Dancers stand outside of poles so that Rhip is near Pole. In starting the the dance the first count is usually just a pause or hop in place. Two dancers are used, one on either side of the pole.

Count 1: Poles struck in middle, dancers either pause or hop in place.

Ct. 2-3 : Leap sideways into middle in between poles and in place leap on Right then Left foot. (Poles are apart).

Count 1: Leap sideways onto Rft outside the other pole (Poles are together):

Ct. 2-3 : Leap sideways into middle onto Left then Right ft. (Poles are apart):

Continue in this manner.

For a repeat of this figure, dancers can add a turn on the outside for variations.

STEP 2: Dancers move continuously clockwise around and in between poles like so:

Cts. 1, 2, 3, 4: Walk fwd along outside of one pole with a R, L, R, L.

Cts. 5-6: Leap between poles, R, L and finish outside other pole facing CW

Cts. 1, 2, 3, 4: Walk down outside other pole with a R, L, R, L.

Cts. 5-6: Leap between poles - R, L and finish outside original pole.

Continue in this manner.

STEP 3 Two dancers join hands as they face each other.

Ct. 1 : Jump astride both poles as they are struck together in center.

Ct. 2-3: Jump in middle, landing on both feet together twice, at same time as poles are struck apart twice.

Continue in this manner.

In between figures, dancers may rest by doing a Waltz-Lift Step to R and L on the outside of the poles with hands gracefully flowing in air.

Using the above steps as a guide many variations can be done. The dance can be done by one person, even though it is customarily done by two. Dancers may face each other, dance back-to-back, work on opposite or same side of poles. Once the dance is mastered it is fun to gradually increase the tempo of music each time.

DANCE SOURCE: Francisca AQUINO, author PHILIPPINE NATIONAL DANCES.