

Special Folk Dances

MICHAEL HERMAN'S FOLK DANCE ORCHESTRA

Dance Directions by Michael Herman, Folk Dance House, New York City
Arrangements by Walter Eriksson

SIDE 1

TINIKLING (Philippines) 3/4



The *Tinikling* is a lengthy, rather complicated dance that depicts the movements of the long-legged and long-necked bird "Tikling." As it supposedly prances around, two dancers sitting on the floor manipulate two long bamboo poles trying to trap its legs. This is an excellent exhibition dance.

REQUIREMENTS FOR THE DANCE: Two long bamboo poles about 9 feet long. The poles rest on a block of wood about 2 inches thick and 30 inches long. Two players sit on the floor, holding one pole in each hand, and strike the poles together and apart in this rhythm:

Count 1: Strike poles together in middle.

Count 2, 3: Strike poles apart on block of wood twice.

Maintain a steady rhythm—"in-out-out; in-out-out."

Players may either slide or slightly lift poles in shifting positions.

The complete dance of *Tinikling* is fully described in *Philippine National Dances* by Reyes-Tolentino published by Silver & Burdett. This music will fit the entire dance.

For general recreation purposes, only a few of the dance steps are given below. The leader may use these depending on the group, its age, ability, etc. Those who want to use the whole dance may refer to the above book. Usually two people dance at a time.

STEP 1: Dancers stand outside of poles so that right hip is near pole #1. In starting the dance, the first count is usually just a pause.

Count 1: Pause—poles are struck in middle.

Count 2, 3: Leap sideways into middle onto right, left foot. (Poles are apart.) Count 1: Leap sideways onto right foot, outside pole #2. (Poles are together.)



Count 2, 3: Leap sideways into middle onto left, right foot. (Poles are apart.) Continue in this manner.

The step may also be done with dancers standing outside of pole #2, facing the other way.

On the 8th measure, dancers can turn in the middle with the 2 steps so as to face the other way for a repeat of the figure. This can be made more difficult by turning each time.

STEP 2: Dancers move continuously clockwise around and in between the poles in this manner: Count 1, 2, 3, 4: Walk forward outside pole #1 with a right, left, right, left.

Count 5, 6: Leap between poles—right, left—and finish outside pole #2, still facing clockwise.

Count 1, 2, 3, 4: Walk down outside pole #2 with a right, left, right, left.

Count 5, 6: Leap between poles—right, left—and finish outside pole #1.

Continue in this manner.

STEP 3: The two dancers join hands as they face each other.

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

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

Continue in this manner for 16 measures of music. Using the above steps, many positions may be taken. The dance can be done by only one person, even though it is customarily done by two. Dancers may hold hands, dance solo, face each other, dance back-to-back, or work on opposite sides of the poles. Remember that the steps should be taken delicately, as all Philippine dances have gracious, delicate styling and mannerisms. Incidentally, the dance is usually done in bare feet.