

EL SAPO Y LA RANA

(Northern Mexico)

El Sapo Y La Rana (el SAH-po ee lah RAH-nah) is a "Redova" which originated from the European "Redowa" of the early 19th century. Susan Cashion learned the dance from Rafael Zamarripa of the University of Guadalajara, and she introduced it at the University of the Pacific Folk Dance Camp, Stockton, California, in 1971.

MUSIC: ECO 347, La Cacahuata, Side B, Band 3.

FORMATION: Any number of cpls in a circle, ptrs facing, W with back to ctr, M facing ctr.

STEPS AND STYLING: M has thumbs stuck in his belt in front (only a few inches apart). M knees are very bent, W knees a little bent, and knees are kept parallel. Shoulders are very loose, body is relaxed and rocks or turns with each step. Hips rotate freely from side to side with each step. W wears full skirt which reaches just below knees. Made in three tiers, the bottom tier is 8 yards around. W takes hem in R hand, pulls it over her shoulder and holds it there (on front of R shoulder). Her L fist is on hip.

Ftwk is described for M; W is on opp ft except where noted.

Leap;* brush*; hop* stamp*.

Basic step: stamp on L (ct 1), brush R heel diag fwd (across in front of L) (ct 2), hop on L (ct 3) as R ft describes small CW circle in air.

NOTE: Only lower leg (from knee down) is involved in this circling action.

Next basic step would begin with stamp on R. Stamps are done in place when dancing in place, or fwd when moving.

*Described in Volumes of "Folk Dances from Near and Far" published by the Folk Dance Federation of California, Inc., San Francisco, California 94103.

MUSIC 3/4

PATTERN

Measures

1/2 INTRODUCTION (cts &,3,&). No action.

I. W CIRCLES AROUND M

A 1-8 M dance 8 basic steps in place, beginning L, always turning head to watch W. W, beginning L, dance 8 basic steps moving in CW circle once around M, turning twd ptr on last step to face CCW.

9-15 M continue dancing in place with 7 basic steps, watching W.

W dance 7 basic steps moving in CCW circle once around M, ending in original place.

16 In place, M stamp on R, taking wt (ct 1), stamp on L, taking wt (ct 2), hold (ct 3). W opp ftwk. End with wt on both ft. Ptrs join both hands, arms extended sdwd.

II. GRAPEVINE STEP

A 1/2 Upbeat. No action.

1 Moving RLOD (CW), M step on R across in back of L (ct 1), take small leap to L on L (ct 2), step on R across in front of L (ct 3). W opp ftwk through out step.

2 Take small leap to L on L (ct 1), step on R across in back of L (ct 2), take small leap to L on L (ct 3).

3 Step on R across in front of L (ct 1), take small leap to L on L (ct 2), step on R across in back of L (ct 3).

4 Take small leap to L on L (ct 1), jump in place on both ft (ct 2), hold (ct 3).
NOTE: This is a 4 ct step done to 3 ct music, hence the slightly syncopated feeling.

5-8 Repeat action of meas 1-4 (Fig II) but reversing ftwk and moving LOD (CCW).

EL SAPO Y LA RANA (continued)

- 9-16 Repeat action of meas 1-8 (Fig II). On ct 3 of meas 16, hop on L. NOTE: Throughout this step W rotates hips freely from side to side as she is in the air, to activate skirt movement.

III. STAMP HOPS WITH GRAPEVINE

- B & Pickup note: Brush R heel to R (ct &).
- 1 With joined hands still extended sdwd, stamp R to R, at same time bending upper body freely in direction of stamping ft (ct 1), step in place on L, at same time straightening body (ct 2), hop on L (ct 3), brush R heel to R (ct &).
- 2 Repeat action of meas 1 (Fig III). NOTE: This step has a rocking motion.
- 3 Moving LOD (CCW), take small step to R on R (ct 1), step on L in back of R (ct 2), step to R on R (ct 3).
- 4 Step on L across in front of R (ct 1), step to R on R (ct 2), hop on R in place (ct 3), brush L heel to L (ct &).
- 5-8 Repeat action of meas 1-4 (Fig III), but with opp ftwk, and moving RLOD.
- 9-24 Repeat action of meas 1-8 (Fig III) twice more (three times in all). W does not finish last grapevine step, but instead, on end of meas 24, she releases R hand from ptrs L hand and steps to his R side on L ft (ct 2), turning to face ctr, and joins R hand with L hand of M on her R. Dancers are now in single circle, all facing ctr, all hands joined.

IV. GRAPEVINE AND TO CTR AND OUT

Ftwk is same for both M and W in Fig IV.

- A 1-4 All repeat action of M, meas 1-4 (Fig II) (grapevine step in RLOD).
- 5 Moving fwd twd ctr of circle, take small leap on R across in front of L (ct 1), small leap on L across in front of R (ct 2), small leap on R across in front of L (ct 3).
- 6 Take small leap on L across in front of R (ct 1), jump fwd on both ft (ct 2), at same time shouting "! Ajúa !" ("ah-WHO-ah !"). Hold (ct 3).
- 7-8 Repeat action of meas 5-6 (Fig IV), but moving bkwd from ctr, and crossing ft in back on each step.
- 9-16 Repeat action of meas 1-8 (Fig IV) exactly. At end, all drop hands and W turn to L to face ptr.

V. W CIRCLES AROUND M

- A 1-16 Repeat action of Fig I, meas 1-16.

