

## LA ADELITA

(Mexico)

La Adelita (Lah Ah-deh-LEE-tah) is a couple dance from northern Mexico. It was presented by Helda Drury at the 1974 University of the Pacific Folk Dance Camp.

MUSIC: Record: Peerless 45/3248A. 2/4 meter.

FORMATION: Ptrs side-by-side, W to R of M. No formal arrangement of cpls but all face front (a designated wall). M hooks thumbs in belt front; W holds skirt out to sides.

STEPS: Side-Close (takes 1 full ct): To move to R, step sdwd R on R (ct 1); close L to R, taking wt (ct &). To move to L, use opp direction and ftwk.

Heel-Toe (1 to a meas): Hopping on L, place R heel fwd (ct 1); hopping on L, place R toe in back (ct 2). Step may be done hopping on the R and doing the heel-toe with the L ft.

Heel-Toe (Variation) (1 to a meas): Action is the same as in Heel-Toe step but place R heel out to R side (ct 1); and R toe across in front of L (ct 2). Turn head and shldrs to look to the R during the heel-toe. Step may be done hopping on the R and doing the heel-toe with the L ft.

Taconazo (Tah-coh-NAH-zoh) (1 to a meas): This is a northern zapateado (sah-pah-tay-AH-doh) step. Leap onto R in place (ct 1); step on L heel beside R (ct &); step on R in place (ct 2); strike L heel in place, no wt (ct &). Wt stays predominantly over R leg, with R knee bent. Repeat of step would start with a leap onto L ft.

STYLING: Movement of skirts: Hold skirt comfortably out to sides during Figs I and V. During the Heel-Toe steps, on the "heel" the skirt is wide to the sides and on the "toe" the hands (still holding skirt) are brought twd each other. Arms remain gently rounded. On the action that follows start to return the skirt to orig pos. Dance is light-hearted, done with spirit. Ftwk is same for both M and W.

MUSIC 2/4

PATTERN

Measures

3 notes &  
10 meas

### INTRODUCTION

#### I. STAMP AND SIDE-CLOSE (Facing front)

- 1-2 Stamp R ft in place (ct 1); do 2 Side-Close steps to R (2 cts); step sdwd R on R (meas 2, ct 2).
- 3-4 Repeat action of meas 1-2 but with opp ftwk and direction.
- 5-16 Repeat action of meas 1-4 three more times. On last step (L) turn 1/4 to face ptr.

#### II. HEEL-TOE AND SIDE-CLOSE (Facing ptr)

- 1 Hopping on L, dance 1 Heel-Toe (Variation) step.
- 2 Do 1 Side-Close step to R (cts 1,&); step sdwd R on R (ct 2).
- 3-4 Repeat action of meas 1-2 (Fig II) but with opp ftwk and direction.
- 5-16 Repeat action of meas 1-4 (Fig II) three more times. On last step (L) turn 1/4 to face front.

#### III. HEEL-TOE, STAMP, AND TURN (Facing front)

- 1 Hopping on L, dance 1 Heel-Toe step.
- 2 Stamp R beside L, no wt (ct 1); hold (ct 2).
- 3-4 Repeat action of meas 1-2 (Fig III).

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- 5-8 Hopping on L, dance 3 Heel-Toe steps making 1 turn CW on the spot.  
End facing front and stamp R beside L taking wt (meas 8, ct 1); hold (ct 2).
- 9-16 Repeat action of meas 1-8 (Fig III) but with opp ftwk and direction.

IV. HEEL-TOE AND RUN (Facing front)

- 1 Hopping on L, dance 1 Heel-Toe step.
- 2 Run 3 steps fwd beg R (cts 1,8,2).
- 3-4 Repeat action of meas 1-2 (Fig IV) but with opp ftwk and move bkwd to place on the 3 runs.
- 5-16 Repeat action of meas 1-4 (Fig IV) three more times.

V. TACONAZO (Facing front)

- 1-16 Beg with leap onto R, dance 16 Taconazo steps. M dance in place. W dance 8 steps in place, travel fwd on next 4, and turn 1/2 CCW to face ptr on last 4 steps.

VI. SQUARES

- 1-8 Ftwk is same as for Fig IV but always move fwd on the 3 running steps. Ptrs will each describe a square as they move around each other. On start of pattern turn 1/4 CW to put L shldr fwd ptr. Dance 4 Heel-Toe and Run patterns (beg R) and make 1/4 turn L (CCW) on the third running step each time. This will complete one square.
- 9-16 Repeat action of meas 1-8 (Fig VI). On last pattern end in orig pos, facing front, to start repeat of dance.

Repeat dance exactly from Fig II through Fig VI, meas 12.

FINALE: Fig VI, meas 13-16:

Meas 13-14: Move diag across own square with Heel-Toe and Run pattern to resume orig side-by-side pos facing front.

Meas 15: Dance 1 Heel-Toe in place as M puts R arm around W waist. L hands are joined and W R holds skirt.

Meas 16: Stamp L, R (cts 1,2) and pose.

