

FOLK DANCE FEDERATION OF CALIFORNIA RESEARCH COMMITTEE:
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POLKA SA NAYON

(Philippine)

Polka Sa Nayon (POHL-kah Sah NAH-yohn) means Polka in the Village. This dance comes from the province of Batangas in the Tagalog Region of the Philippine Islands. In the old days it was very popular and was usually danced at all the big social affairs and at the town fiestas. Ester Timbancaya learned it in her native Philippines from Mrs. Sofia Ravello, at Silliman University. She presented it at University of the Pacific Folk Dance Camp, 1960.

The costume for the man is the barong tagalog (tah-GAH-lohg) and black or white pants. The Maria Clara or balintawak (bah-leen-tah-WAHK) costume is correct for the woman.

MUSIC: Record: Mico MX-342 (45); MICO-TM 006, Side 1, Band 1
Piano: "Philippine Folk Dances" Vol III, Francisca Reyes Aquino, Manila, Philippines, 1956.

FORMATION: Four cpls in square formation (rather large), facing ctr, W on M R. Throughout the dance, M place back of free hand at waist, W hold skirt, unless otherwise indicated.

STEPS AND STYLING: Polka: Step L ft fwd (ct 1); close R instep to heel of L ft (ct &); step fwd L (ct 2); hold (ct &). Bend body slightly twd side of leading ft. This step may also begin with R ft and may be executed in any direction.

Heel-toe Polka: (2 meas) Touch L heel diag fwd on floor, toe up (ct 1, hold (ct &); touch L toe diag bwd, heel in, knee slightly relaxed, leg almost straight (ct 2); hold (ct &). (Look over shoulder at pointing toe.) Beginning L, take one polka step (cts 1, &, 2, &).

The Heel-toe polka may begin with either ft and may be danced fwd or bwd.

Gallop*

MUSIC 2/4

PATTERN

Measures

INTRODUCTION

- 1-4 Ptrs assume closed pos, M facing CCW, joined hands extended twd ctr.
5-12 Tap ML-WR ft on cts 1, 2 of every meas (16 taps in all).

I. POLKA AND POINT

- 1-4 Beginning ML-WR, dance 4 polka steps turning CW and progressing CCW 1/4 around the square. Finish with joined hands (ML-WR) extended twd ctr.
5 Point ML-WR ft swd twd ctr (ct 1); point ML-WR near supporting ft (ct 2).
6 Dance one polka step swd twd ctr.
7-8 Beginning MR-WL, repeat action of meas 5-6 (Fig I) moving away from ctr.
9-32 Repeat action of meas 1-8 (Fig I) three more times.

POLKA SA NAYON (concluded)II. HEEL-TOE POLKA

Face ctr of square, W on M R, inside hands joined.

- 1-4 Beginning outside ft (ML-WR), dance 2 heel-toe polka steps fwd twd ctr.
- 5-6 Move directly swd with one polka step away from ptr and one polka step twd ptr.
- 7-8 Release joined inside hands, and with 2 polka steps turn away from ptr (ML-WR) to face out of square, backs twd ctr. Join ML-WR.
- 9-12 Beginning inside ft (ML-WR), dance 2 heel-toe polka steps fwd away from ctr.
- 13-14 Move directly swd with one polka step twd ptr and one away from ptr.
- 15-16 With 2 polka steps turn twd ptr to again face ctr, changing to MR-WL hands joined.
- 17-32 Repeat action of meas 1-16 (Fig II). Finish in closed pos, M facing CCW, joined hands extended twd ctr of square.

III. POLKA AND GALLOP

- 1-4 Repeat action of Fig I, meas 1-4.
- 5-6 With 3 gallop steps move swd twd ctr of square (cts 1, 2, 1). Pause without taking wt on last closing step (ct 2).
- 7-8 Beginning MR-WL, repeat action of meas 5-6 (Fig III) moving away from ctr.
- 9-32 Repeat action of meas 1-8 (Fig III) three more times. Finish facing ctr, inside hands joined.

IV. POINT AND CIRCLE CW

- 1-2 Both beginning R, dance one polka step swd R and one polka step swd L.
- 3-4 Point R diag fwd R (ct 1); point R in front of L, R heel raised over L ft, knee turned somewhat outward (ct 2); point R diag fwd R (ct 1); step R beside L (ct 2).
- 5-8 Beginning L, repeat action of meas 1-4 (Fig IV). Finish with both hands at own waist, R elbows adjacent.
- 9-16 Circling with ptr, dance fwd (CW) with 8 polka steps (4 polkas for each time around). Finish both facing ctr, inside hands joined.
- 17-32 Repeat action of meas 1-16 (Fig IV).

FINALE V. SALUDO

- 1-3 Both beginning R, dance fwd twd ctr with 3 small polka steps.
- 4-7 M follow W with small steps while she whirls CCW under raised joined hands (MR-WL) as many times as possible. Finish W on inside, back to ctr, M on outside facing ptr. Release joined hands.
- 8 Bow to ptr, M hands at waist, W holding skirt.