

BAO DANCE (Cocoanut Shell)  
(Philippine Islands)

The Bao Dance comes from the Tagalog region. It is a festival dance performed at the harvesting of the cocoanuts. It is danced with ease and grace characteristic of the Philippine folk dance.

The dancers hold a half cocoanut shell in each hand and strike them together to provide a rhythmic accompaniment to the dance. Different versions of this dance appear in other regions of the Philippines. This popular version of the Bao Dance was presented to the Federation by Lucile Czarnowski who learned the dance from several native sources.

Music Manuscript music, Folk Dance Federation of California. Native flute and stringed instruments are used in the Philippine Islands.

Formation Three couples form a set in longways formation, W on R of M, about 6 ft. apart.

Steps Native waltz step, waltz balance\*, sway balance, walking step\*, three-step turn\*, step-hop\*, step-draw\*, brush step.

<u>Music</u>	<u>Pattern</u>
<p>Measure A 1 - 16</p>	<p>I. <u>Entrance Step</u> (3/4 time) With W to R of M, couples enter in double formation to form sets of 3 couples in longways formation facing front of the hall (audience). Native waltz step: step fwd. on the R ft. (ct. 1), bring L instep to R heel (ct. 2), step fwd. on R (ct. 3). Repeat same action starting L. Strike shells in front and back, alternately on the 1st beat of each meas.</p>
<p>A 1 - 2 3 - 4 5 - 6 7 - 8 9 - 16</p>	<p>II. <u>Waltz Balance Fwd. and Back, Sides</u> (3/4 time) Both starting with R ft. waltz balance* fwd., starting L, waltz balance back. (Strike shells in front and back alternately on the 1st beat of each meas.) Repeat action of meas. 1-2. Waltz balance swd. R, starting with R ft: step swd. R (ct. 1) close L to R while raising heels slightly off floor (ct. 2), lower heels (ct. 3). Repeat action to L starting L ft. (Strike shells, about shoulder height, to R and L alternately on 1st beat of each meas.) Repeat action of meas. 5-6. Repeat all of above action for meas. 1-8. <u>Note:</u> When using piano music repeat action of meas. 1-16.</p>
<p>B 1 - 2 3 - 4 5 - 16</p>	<p>III. <u>Sway Balance</u> (3/4 time) Starting on the R ft. take sway balance step swd. R. Sway Balance Step: Step swd. R (ct. 1), brush L ft. diagonally across R (ct. 2), step on L ft. across R (ct. 3), step swd. R (ct. 1), point L ft. diagonally fwd. across R (cts. 2 and 3). Repeat action of sway balance to L. Repeat action of meas. 1-4 three more times. (When piano music is used action of meas. 1-16 may be repeated.) Strike shells on 1st beat of every 2nd measure, that is, at pointing of the foot. The shells are struck alternately sideward R and L about head level. They swing downward in a slight arc on each change of direction.</p>

BAO DANCE (cont.)

Music	Pattern
	<b>IV. <u>Hopping Steps and Three-Step Turn</u> (2/4 time)</b>
1	Partners face and advance toward each other 2 steps R and L (cts. 1 and 2).
2	Hop on L, raise R ft. about 1 ft. from floor and swing inward (ct. 1), hop again on L ft. and swing R ft. outward diagonally fwd. (ct. 2).
3	Take a three-step turn to R in place, R, L, R (cts. 1 and 2, hold and).
4	Hop on R, swing L ft. inward (ct. 1), hop again on R ft. and swing L ft. outward (ct. 2).
5	Take a three-step turn to L in place, L, R, L (cts. 1 and 2, hold and)
6	Hop on L and swing R ft. inward (ct. 1), hop again on L and swing R ft. outward (ct. 2).
7	Take 2 steps backward to place R and L.
8	Close feet together and pause (cts. 1 and 2).
1	Shell striking for movement--shells silent on 2 steps fwd.
2	Strike twice, once on each hop.
3	Strike 3 times on 3-step turn.
4	Strike twice, once on each hop.
5	Strike 3 times on 3-step turn.
6	Strike twice, once on each hop.
7 - 8	Shells are silent when walking backward and pause.
	The hopping step and three-step turn with shell striking are performed as follows:
	1. Both M and W perform together meas. 1-8.
	2. M performs step pattern while W remain in place and strike shells. M hands on hips throughout meas. 1-8.
	3. W perform while M are in place and strike shells. W hands on hips throughout meas. 1-8.
	<b>V. <u>Brush Step</u> (3/4 time)</b>
1 - 2	Facing partner take 3 steps toward partner R, L, R (cts. 1-2-3), brush L ft. diagonally fwd. on the floor (ct. 1) holding it in extended position (cts. 2 and 3). Strike R shell with partner's R shell on 1st beat of 2nd meas. (when brushing is done). This action turns body slightly to the L.
3 - 4	Take 3 steps backward to place L, R, L and brush R ft. diagonally fwd. R. Strike own shells in front on 1st beat of 2nd meas. while brushing ft. The body is turned slightly R in this action.
5 - 8	Repeat action of meas. 1-4.
9 - 16	Repeat action of meas. 1-8.
	<b>VI. <u>Shell Striking Step With Partner</u> (3/4 time)</b>
1 - 2	Facing partner take 4 steps fwd. closing on the 4th step (cts. 1-2-3-1), and pause in front of partner 2 cts. (cts. 2 and 3).
	Meas. 3-14 are done in place, by striking shells in the following manner:
3	Strike own shells twice (cts. 1 and 2)
	Strike R shell with partner's R (ct. 3).
4	Strike own twice (cts. 1 and 2)
	Strike L to partner's L (ct. 3).
5	Strike own twice (cts. 1 and 2)
	Strike both to partner's both (ct. 3).
6 - 14	Repeat action of meas. 3-5 3 more times.
15 - 16	Change places with partner, passing R shoulders with 4 small, quick, walking steps, on the last step, turn to the R and face partner.
1 - 16	Repeat action of meas. 1-16, finishing in own place.

BAO DANCE (cont.)

Measure	Pattern
	<p><b>VII. <u>Cross Over and Draw Step</u></b></p>
	<p>The first measure of music in this section is an introductory measure during which the partners face each other and pause in preparation for the action of meas. 1.</p>
1 - 2	<p>Partners cross over to opposite places, passing R shoulders with the following step: meas. 1; step R (ct. 1), swing L fwd. (ots. 2 and 3) while hopping on R on ct. 3: meas. 2; repeat action of meas. 1, starting with L ft. In these two meas., strike shells in front on ct. 3.</p>
3 - 4	<p>Moving forward in the same direction, take 2 native waltz steps starting R then L to end facing partner with R shoulder pointing toward original place. M has back to audience while W faces audience. Strike shells on ots. 2 and 3 on each waltz step.</p>
5 - 7	<p>Take 3 draw steps back to place, passing in front of partner, as follows: Step swd. R (ct. 1), draw pointed L ft. toward R (ots. 2 and 3). Arms are held swd. at shoulder height on ots. 1 and 2, and shells are struck in front on ct. 3. On the draw (ots. 1 and 2) the body is inclined to the L.</p>
8-9-10	<p>Continue to hold position and look at partners.</p>
11 - 18	<p>Repeat action of meas. 1-10, starting on the L ft. and passing L shoulders. M now faces audience in draw step while W has back to audience.</p>
1 - 18	<p>Repeat all of above action, section D, meas. 1-18.</p>
	<p><b>VIII. <u>Single Circle with Native Waltz Step</u></b></p>
1 - 16	<p>In each set of 6 dancers, each dancer turns to his R so that partners have L shoulders toward each other. The group now moves counter-clockwise forming a circle, executing 8 native waltz steps, starting with R ft. Strike shells on ct. 1 of each meas., in front and in back alternately. As the shells are struck in back, look over L shoulder to person in back.</p>
1 - 16	<p>Each turn to his R to face in reverse direction, moving clockwise around circle and repeat action of meas. 1-16. In this section, as the shells are struck in front, look over R shoulder to person in back. Finish this action with dancers arranged in original line formation.</p>
	<p><b>IX. <u>Diamond Figure</u> (3/4 time)</b></p>
	<p>During meas. 1-16 M kneels on R knee in place, facing partner. M strikes shells on each beat of each meas., holding shells about opposite R shoulder on meas. 1, about opposite L shoulder on meas. 2, and so on, alternating R and L. Shells are moved in an upward arc on change of direction. W does not strike shells during this action, but keeps hands on hips.</p>
1 - 2	<p>W take 2 native waltz steps obliquely fwd. to M's L.</p>
3 - 4	<p>With 2 native waltz steps make a complete turn to own R in place.</p>
5 - 6	<p>W take 2 waltz steps obliquely to M's R finishing in back of her partner.</p>
7 - 8	<p>W makes 1 complete turn to own R in place with 2 native waltz steps.</p>
9 - 16	<p>Repeat action of meas. 1-8 continuing around partner and finishing in original position.</p>
1 - 16	<p>W kneels while M performs diamond figure in the same way.</p>
	<p><b>X. <u>Exit Step</u> (2/4 time)</b></p>
1	<p>Dancers in their original columns exit with a two-step starting with R ft. Strike shells swd. R and L alternately three times (1 meas. to each side, 1 and 2). Hands held at shoulder height.</p>

# BAO DANCE

PHILIPPINE ISLANDS

8: A

1. 2. B

1. 2. TO 2 SECOND TIME THROUGH

FIRST TIME - A A B C C C  
 SECOND TIME - A B B D D  
 THIRD TIME - A A B B C C

NOTE: Correction on dance description figure VIII. The group moves in each direction of circle with 16 native waltz steps; not 8 native waltz steps as stated.