

1961 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Albert S. Pill

BAILE NORTEÑO

(Mexico)

SOURCE: Learned in Mexico by Albert S. Pill

RECORD: ASP 6005

FORMATION: Cpls in a circle, hands joined and outstretched to side, M-L and W-R shoulder twd center of circle.

STEPS: Slide, Heel-Toe, Balance, One Step

Heel-Toe: Hop on R ft twice and do a heel-toe in air, slightly off floor with L ft (cts. 1-2); hop on L ft twice and do heel-toe in air with R ft (cts. 3-4).

Balance Step: Step fwd on R ft crossed over L ft (cts. 1-2), step back on L ft (cts. 3-4), keep feet on floor during step.

One Step: A relaxed walking step done in Mexican style in sets of 4 steps - L, R, L, R or R, L, R, L.

Directions written for M; W do same on opposite ft unless otherwise noted.

Music 4/4

Pattern

- | Meas. | INTRODUCTION 4 Measures. |
|-------|---|
| A | I. <u>INTO CENTER AND OUT</u> |
| ct. 4 | Lift L leg with bent knee. |
| 1 | Cpls do 3 slides twd center of circle beg L ft (cts. 1-3), extend R heel to R side (ct. 4). |
| 2 | Tap R toe to R side (L heel pointed up) (ct. 1), extend R heel to R side (cts. 2-3), lift R leg with bent knee (ct. 4). |
| 3 | Do 3 slides away from center of circle beg R ft (cts. 1-3), extend L heel to L side (ct. 4). |
| 4 | Tap L toe to L side (R heel pointed up) (ct. 1), extend L heel to L side (cts. 2-3), lift L leg with bent knee (ct. 4). |
| 5-16 | Repeat action meas. 1-4 of FIG I, cpls continuing to move twd and away from center of circle. |
| B | II. <u>W CIRCLES THE M</u> |
| 1-8 | M kneels on one knee, thumbs hooked in belt. W circles M moving CW with 8 Heel-Toe Steps. |
| 9-16 | Repeat action meas. 1-8, FIG II, with W circling CCW. M may clap hands during meas. 1-16 to encourage ptr. |

continued...

Baile Norteño (cont'd)

A III. M CIRCLES W

- 1-8 M hooks thumbs in belt and circles W moving CW with 8 Heel-Toe Steps as W continually turns in place with 8 Balance Steps (W tries to face ptr; flirt with skirt.)
- 9-16 Repeat action meas. 1-8, FIG III, with M circling CCW.

NOTE: In FIGS II and III keep the circles wide; those circling moving in a wide arc around ptr.

C IV. ONE STEP

- 1-16 Cpls join hands and stretch them out to sides. Cpls dance a one step freely in own spot in circle, moving out and into circle or turning CW or CCW, beg. with M fwd on L ft and W bwd on R ft.

At end of meas 16, FIG IV, cpls resume starting position as at beg of dance and repeat dance from beginning.

The above dance description will soon appear in a book by Albert S. Pill and should not be reproduced in any form.