

## CALYPSO

Origin: Trinidad and Eastern Caribbean

Character: Light sharp, but not as stiff as Merengue.

Record: Traditional Rhythms for Caribbean Dances, LP IB 0001  
Side 1 - Band 4

Formation: There is no particular formation in which partners stand. It is generally done freely around the room. For purposes of teaching the steps, this dance has been arranged in two lines.

### Dance:

#### Step 1: Walking Step

This is quick and is made on the flat foot. It is, however, preceded by a slight lift of the knee and the pulling in of the centre of the body at the region of the diaphragm. Count (&) followed by the step on the flat foot and slight arching backwards of the upper spine, (ct 1), and repeat from foot to foot.

#### Step 2: Semi-Charleston

Standing on the L foot, with R foot pointed on the ground to the side, bend both knees, at the same time lifting R foot off floor, (ct &), straighten both knees, pushing R foot on and off the floor with a pushing motion. The step travels, towards the side of the gesture leg, by shifting the foot flat, first heel to toe, in time with the bending and stretching.

#### Step 3: Touch and Step

With half turn - Stand on L foot, touch R toe to side, (ct 1), step on R and make a half turn on R to face in the opposite direction (ct 2). Repeat on this side.

#### Step 4: King-Sailor

Stand on feet, slightly apart, one heel is lifted sharply off floor, with the other remaining on floor and knee of the same foot pushed sharply forward. At the same time knee of the other leg is hyper-extended backwards, (ct 1), repeat on other leg, (ct 2).

#### Step 5: Run

2 runs forward with free leg behind crossing at back, with the sole of foot pointing upward. The hip of the supporting leg is pushed outwards on the slow action as follows: slow run, slow run, 2 quick runs, slow. (Count: 1,2; 1 and 2 wait).

#### Step 6: (a) Jump-Up

Make little jumps from side to side, L-R-L (cts 1-2-3).

#### (b) Jump-Up with Arms

To the above foot movements add arms bent at elbows (in), stretched out diagonally up from shoulders (out) in the pattern: in, out, in, out. (cts 1,2; 1 and 2).

#### Step 7: Skip

Skip forward, but the landing for the skip is not directly forward but slightly to the side of the foot which is going to make the next step.

... to be continued

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Formation: Partners facing.

1. Both take 8 Calypso walking steps forward, arms easily extended to side, shoulder height; 8 walking steps backward; 16 walking steps around partner like a do-si-do.  
Repeat (Ballroom dance position may be substituted for the do-si-do.)
2. Partners face same way (front).  
Do Semi-Charleston step away from each other 7 times, change feet, and together (towards each other)- 7 times.  
Repeat.
3. Partners facing each other, using foot nearest the front of the room do touch and step with half turn 8 times; up the room, and swing outwards to repeat the step back down the room 8 times.
4. Partners side-by-side.  
Do King-Sailor step up the room 16 times and backwards 16 times, starting with inside foot.
5. Jump-up - 4 times without arms  
4 times with arms  
Break away from partner and do Calypso skip off.

Presented by Ivy Baxter at Ontario Folk Dance Camp 1976.