

HIMIG SA NAYON

(Tagalog)

Philippines

Himig Sa Nayon means country folk tune. The music and dance express the character, mood, and sentiment of the simple country people.

COSTUME. Girl wears balintawak and boy wears barong tagalog and pants of any color.

MUSIC is composed of two parts: A and B.

COUNT one, two, three to a measure.

FORMATION. Partners stand opposite each other about six feet apart. Girl stands at right side of boy when facing audience. One to any number of pairs may take part in this dance.

Introduction

Music Introduction.

Three-step turn right in place and bow to partner. Girl holds skirt, boy places hands on waist. 2 M

— I —

Music A.

Partners face each other.

(a) Point R foot in front (cts. 1, 2, 3). Circle R foot outward in air and point across L foot in rear (cts. 1, 2, 3). Starting with R foot, take three steps sideward right (cts. 1, 2, 3), stamp L close to R without putting weight on it (ct. 1), pause (cts. 2, 3). Girl holds skirt, boy places hands on waist. 4 M

(b) Repeat (a), starting with the L foot. 4 M

(c) Repeat (a). 4 M

(d) Starting with L foot, take four waltz steps obliquely forward left to partner's place, passing by L shoulders. Turn right about to face partner on fourth waltz step. Arms in lateral position, moving sideward left and right alternately. 4 M

(e) Repeat all (a-d), finishing in proper places. 16 M

— II —

Music B.

Partners face each other.

(a) Starting with R foot, take three steps forward to be in one line at center by L shoulders. Girl holds skirt and boy places hands on waist (cts. 1, 2, 3). Brush L forward, arms in fourth position, R arm high (cts. 1, 2, 3). 2 M

(b) Repeat (a), starting with L foot, going backward to proper places, L arm high when brushing R foot. 2 M

(c) Repeat (a) and (b), standing by R shoulders in (a). 4 M

(d) Face left so that R shoulders are toward each other. Take three cross steps sideward right to partner's place. Pass each other front to front (3M), pause (1M). Girl holds skirt, boy places hands on waist. 4 M

(e) Turn left to face each other. Waltz sideward, R and L. Arms in lateral position, moving sideward right and left. 2 M

(f) Three-step turn right in place, hands as in (d). Finish facing partner. 2 M

(g) Repeat all (a-f), finishing in proper places. 16 M

— III —

Music A.

Partners face each other.

(a) Execute eight sway balance steps with a raise, R and L alternately. Arms at shoulder level, opening and closing to chest alternately. Turn both fore-arms before opening. 16 M

(b) Face front. Repeat (a). 16 M

Continued...

Music B.

Partners face each other.

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| (a) Waltz sideward, R and L. Arms in lateral position, moving sideward right and left. | 2 M |
| (b) Waltz forward R and backward L. R arm forward with palm up at chest level, L hand on waist when waltzing forward, bring R hand close to chest when waltzing backward. | 2 M |
| (c) Step R sideward (ct. 1), brush L forward (ct. 2), step L close to R (ct. 3). Repeat the same (cts. 1, 2, 3). Step R foot sideward (ct. 1), tap L three times in front (cts. 2, 3, 1), pause (cts. 2, 3). R arm in reverse "T" position, L bent forward at shoulder level. | 4 M |
| (d) Repeat (a-c), starting with L foot. Reverse position of arms. | 8 M |
| (e) Repeat all (a-d). | 16 M |

SALUDO**Music Introduction.**

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| Repeat introduction. | 2 M |
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