

Presented by Francisca Aquino

HIMIG SA NAYON(Philippine) - *Sagalog region*

SOURCE: This dance introduced in the United States by Francisca Aquino, noted authority on Philippine Folk Dances. Detailed directions and music available in her handbook of Philippine dances. These are condensed here. Please do not reproduce without permission from Francisca Aquino.

Himig Sa Nayon means country folk tune and expresses the character, mood and sentiment of the simple country people.

RECORD: Folk Dancer MH 2021

FORMATION: Partners stand opposite each other about six feet apart. Girl is to right of Boy when facing audience. Any number of pairs may dance.

COUNT: One, two, three, to a measure. Music is in two parts, A and B.

Pattern

## Meas.

2 INTRODUCTION: Three-step turn Right in place, and bow to partner. Girl holds skirt, boy has hands on hips.

PART I MUSIC A. Partners facing each other

4 a) Point Right foot in front (counts 1,2,3). Circle Right foot outward in air and point Right foot across Left foot in rear (counts 1,2,3). Starting with Right foot, take three steps sideward Right (counts 1,2,3), stamp Left close to Right without putting weight on it. (count 1), pause (counts 2,3). Girl holds skirt, boy has hands on hips.

4 b) Repeat (a) starting with Left foot.

4 c) Repeat (a).

4 d) Starting with Left foot, take four waltz steps obliquely forward Left to partner's place, passing by Left shoulders. Turn Right about to face partner on fourth waltz step. Arms in lateral position, moving sideward Left and Right alternately. *Transfer wt. immediately to left foot.*

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

Transfer weight immediately to Left foot.

NOTE: A close step may be done instead of the fourth waltz step while turning.

*Continued...*

## Himig Sa Nayon

- Meas.      PART II MUSIC B. Partners face each other (cont'd)
- 2            a) Starting with Right foot, take three steps forward to be in one line at center by Left shoulders. Girl holds skirt and Boy places hands on hips (counts 1,2,3). Brush Left forward, Right arm high, and Left arm bent forward at chest level (counts 1,2,3).
- 2            b) Repeat (a) starting with Left foot, going backward to proper places. Reverse position of arms.
- 4            c) Repeat (a) and (b) standing by Right shoulders in (a).
- 4            d) Face Left so that Right shoulders are toward each other. Take three cross steps sideward Right to partner's place. Pass each other front to front (3 measures, pause (1 measure. Girl holds skirt, Boy places hands on waist.
- 2            e) Turn Left to face each other. Waltz sideward Right and Left. Arms in lateral position, moving sideward Right and Left.
- 2            f) Three-step turn Right in place, hands as in (d). Finish facing partner.
- 16           g) Repeat all (a-f) finishing in proper places.
- PART III MUSIC A. Partners face each other
- 16           a) Execute eight sway balance steps with a raise, Right and Left alternately. Arms at shoulder level, opening (first measure) and closing forearms to chest (second measure) alternately. Turn both forearms before opening.
- 16           b) Face front, repeat (a).
- PART IV MUSIC B. Partners face each other
- 2            a) Waltz sideward, Right and Left. Arms in lateral position, moving sideward Right and Left.
- 2            b) Waltz forward Right and backward Left. Right arm forward with palm up at chest level, Left hand on waist when waltzing forward, bring Right hand close to chest when waltzing backward.
- 4            c) Step Right sideward (count 1) brush Left forward (count 2), step Left close to Right. (count 3). Repeat the same (count 1,2,3). Step Right foot sideward(count 1), tap Left three times in front (counts 2,3,1), Pause (counts 2,3). Right arm in reverse "T" position, Left bent forward at shoulder level.
- 8            d) Repeat (a-c) starting with Left foot. Reverse direction and position of arms.
- 16           e) Repeat all (a-d).
- 2            SALUDO.....Repeat introduction.