

HIMIG SA NAYON

Tagalog Philippine Folk Dance
Record: Folk Dancer MH 2021

Himig Sa Nayon

This dance introduced in the United States by Frances Aquino, noted authority on Philippine folk dances. Detailed directions and music available in her handbook of Philippine dances. These are condensed. Please do not reproduce without written permission from Frances Aquino.

Himig na sayon means "country folk tune" and expresses the character, mood and sentiment of the simple country people.

MUSIC: Two parts--A and B

COUNT: One, two, three to a measure

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

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

PART I: (Music A) Partners face each other

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

(b) Repeat (a) starting with L foot....4 measures

(c) Repeat (a)...4 measures

(d) Starting with L foot, take 4 waltz steps obliquely forward to L to partner's place, passing by L shoulders. Turn R about to face partner on 4th waltz step. Arms in lateral position, moving sideward, L and R alternately....4 measures. Transfer weight immediately to L foot.

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

(NOTE: A close step may be done instead of the fourth waltz step.)

PART II: (Music B)---Partners face each other.

(a) Starting with R foot, take 3 steps forward to be in line at center by L shoulders. Girl holds skirt, and boy places hands on hips (cts. 1, 2, 3). Brush L forward, R arm high and L arm bent forward at chest level (cts. 1, 2, 3).... 2 measures.

(b) Repeat (a) starting with L foot and going backward to proper places. Reverse positions of arms.....2 measures.

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

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

(e) Turn L to face each other. Waltz sideward R and L, arms in lateral position, moving sideward R and L.....2 measures.

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

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

(Turn page over for continuation of dance)

Continued

HIMIG SA NAYON (Continued)

PART III - Music A - Partners face each other. (Engano figure)

- (a) Execute eight sway-balance steps with a raise, R and L alternately; arms at shoulder level, opening (first meas.) and closing forearms to chest chest (2nd meas). Turn both forearms before opening.....16 measures.
- (b) Face front, repeat (a) --Engano fig.--.....16 measures.

PART IV - Music B - Partners face each other

- (a) Waltz sideward R and L, arms in lateral position, moving sideward R and L..2 meas.
- (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 measures.
- (c) Step R sideward (count 1), brush L forward (count 2), step L close to R (count 3). Repeat the same (counts 1, 2, 3). Step R foot sideward (count 1), tap L 3 times in front (counts 2, 3, 1); pause (counts 2, 3), R arm in reverse "T" position, L bent forward at shoulder level....4 measures.
- (d) Repeat (a-c), starting with L foot; reverse directions and positions of arms.... 8 measures.
- (e) Repeat all (a-d)....16 measures.

SALUDO....Repeat introduction.....2 measures

