

HIMIG SA NAYON
(Philippines)

- SOURCE:** Himig Sa Nayon (Hee-meehg sah NAY-yohn) means country folk tune. This dance is characterized by the graceful, simple, and expressive quality inherent in most Philippine rural dances.
- MUSIC:** Record - VILLAR Records 4-2319 3/4 meter
- FORMATION:** Ptrs stand opp each other about 6 ft apart. W stands at ptr's R when facing audience.
- STEPS & STYLING:** Three-step Turn: (2 meas) Make 1 CW turn in place with 3 steps beginning R (cts 1,2,3); close L to R (meas 2, ct 1); hold (cts 2,3). Sway Balance with a Raise: Step R diag fwd R (ct 1); bring L leg across from L to R in a small semi-circle close to floor (ct 2); step L across in front of R (ct 3). Step R obliquely bkwd R (ct 1); raise L knee in front (cts 2,3). Bend body slightly fwd on ct 1 and raise gradually upwd to erect pos on cts 2,3. Open arms sdwd at shldr level on the first 3 cts. (ct 1,2,3); bend forearms fwd and bring hands close to chest on the next 3 cts (ct 1,2,3). Cross Step: Step R sdwd (ct 1); step or slide L sdwd R across the R in front (cts 2,3). Put wt on the L at the end of the 3rd ct. Native Waltz: Step fwd on R (ct 1); step L near R (ct 2); step fwd on L (ct 3). Step alternates. (This is similar to an ordinary two-step) Hand Movement: Arms in Lateral Pos: Both arms are at one side, either sdwd R or L. This may be done at shldr, chest or waist level. Arms in Reverse "T": Arms are side horizontal, elbows bent at R angles, forearms parallel to head, palms fwd or facing inward, fist loosely closed.

MUSIC: 3/4

PATTERN

Meas

INTRODUCTION

- 1-2 Three-step turn CW in place and bow to ptr. W holds skirt, M places hands on waist.
- FIGURE I PTRS FACE EACH OTHER
- 1-4 Point R in front (cts 1,2,3). Circle R outwd in air and pt R behind L heel (cts 1,2,3). Stamp L close to R without putting wt on it (ct 1) pause (cts 2,3); W holds skirt, M hands on waist.
- 5-8 Repeat action of meas 1-4, beginning with L
- 9-12 Repeat action of meas 1-4.
- 13-16 Beginning L, 4 Native Waltz steps obliquely fwd L to ptr's place, passing by L shldrs. Turn R about to face ptr on 4th waltz. Arms in lateral pos, moving sdwd L and R alternately.
- 17-32 Repeat all action of meas 1-16, finishing in original pos.

FIGURE II PTRS FACE EACH OTHER

- 1-2 Begin R, 3 steps fwd to be in one line at ctr by L shldr. W holds skirt

Continued...

Himig Sa Nayan (Cont'd)

- M hands on waist (cts 1,2,3). Brush L fwd, R arm overhead, L arm held in front at chest level (cts 1,2,3).
- 3-4 Repeat action of meas 1-2, Fig II, beginning L, moving bkwd to original place, L arm high when brushing R.
- 5-8 Repeat action of meas 1-4, Fig II, standing by R shldrs in meas 1-2
- 9-12 Face L so that R shldrs are twd each other. Beginning R, 3 Cross Steps sdwd R to ptr's place. Pass facing each other. Pause (meas 12). W hold skirt, M hands on waist.
- 13-14 Turn CCW to face each other. Native Waltz sdwd R and L. Arms in lateral pos moving sdwd R and L
- 15-16 Three-step Turn CW in place, hands as in meas 9-12, Fig II. Finish facing ptr.
- 17-32 Repeat action of meas 1-16, Fig II, finishing in original places.
- FIGURE III PTRS FACE EACH OTHER
- 1-16 Begin R, 8 Sway Balance Steps with a Raise, R and L alternately. Arms at shldr level, opening and closing to chest alternately. Turn both forearms before opening
- 17-32 Face front, and repeat action of meas 1-16, Fig III
- FIGURE IV PTRS FACE EACH OTHER
- 1-2 Native Waltz sdwd R and L. Arms in lateral pos, moving sdwd R and L
- 3-4 Native Waltz fwd, and L bkwd. R arm fwd with palm up at chest level, L hand on waist when waltzing fwd. Bring R hand close to chest when waltzing bkwd.
- 5-8 Step R sdwd (ct 1); brush L fwd (ct 2); step L close to R (ct 3). Repeat same movements (ct 1,2,3). Step R sdwd (ct 1); tap L in front 3 times (cts 2,3,1); pause (cts 2,3). R arm in reverse "T" pos, L arm bent fwd at shldr level. Don't travel very far sdwd during this pattern.
- 9-16 Repeat action of meas 1-8, Fig IV, beginning L. Reverse pos of arms. Because ptrs are offset to R side, move quite a bit sdwd L and very little sdwd R on the Native Waltz steps so as to bring ptrs nearly opp each other by the end of meas 10.
- 17-32 Repeat action of meas 1-16, Fig V.
- SALUDO
- 1-2 Repeat action of Introduction.