

PALÓNGÒ

(Nigeria, Africa)

Dance done by young people. It is a dance performed on happy occasions such as a wedding, christening, housewarming, etc.

Music: 2/4 using the upbeat "and 1, and 2." Phillips "Pa longo"

Basic step: Ball of the ft never leaves the floor. Knees relaxed, not locked. Wt on L, R heel up and turned slightly out, bounce on L (ct &). R heel returns to place, wt on R, bounce on R (ct 1). L heel up and turned slightly out, bounce on R (ct &). L heel returns to place, wt on L, bounce on L (ct 2). When done correctly, bouncing movements will be produced with a hip lift as heel is up.

Variations: Move fwd: slip ft fwd on wt change.  
Move bkwd: slip ft bkwd on wt change.

Arms: On step and variations: elbows bent, forearm parallel to floor, palms down and hands relaxed, fingers slightly curled.

Pattern I. Side slide

Knees relaxed, not locked.

A. Slide to R: Bending R knee more, slide side R about 6" with flat R ft (ct &). Close L (ct 1). Repeat slide and close (ct &, 2). Repeat 14 times.

B. Slide to L. Reverse Pattern A.

Body: In both A and B lean slightly twd the direction of movement.

Pattern II. Mild point

Wt L, L knee bent, place heel of R out in front, leg extended straight (ct 1), bring R back to place, change wt to R (ct &), R knee bent, place L heel out in front, leg extended straight (ct 2), bring L back to place, change wt to L (ct &).

Body: Bent slightly fwd at waist.

Arms: Starting pos: relaxed, index finger pointing, elbows bent, forearms parallel to ground. R Arm circles R (CCW), L (CW), (ct &) with wt change. Point the same direction as extended R ft (cts 1, 2) with extended leg.

Variations:

1. Move fwd on ct &.
2. Move bkwd on ct &.
3. Vigorous point: substitute a leap on ct &.
4. Body lowers closer in a crouched pos.

*Palongo*  
PALONGO (continued)

### Pattern III. Circle pivot in place

Starting pos: Both knees relaxed (slightly bent). Keeping flat ft on the floor, bend R knee more, step R very slightly fwd, straighten knee (ct 1). Pivot flat L so that it is parallel to R (ct &). Repeat pattern for each beat of the music to return to original direction.

Arms: Variation 1. Forearm parallel to the floor, fingers slightly closed, palms down. The leading elbow moves in a circular motion fwd and away from the body (ct 1), bkwd and in (ct &).

Variation 2. Arms out to side, fingers out, a big letter "O" is written in the air with the upper torso (like a child playing airplane).

### Pattern IV. Leap, Look, Tap

Leap onto L ft in place (ct 1). With elbows always at R angle, R hand moves near L ear, twist and bend upper torso, looking over the top of shoulder to see R ft (ct &). Tap R heel diag in front of L (ct &). Leap onto R (ct 2). L hand moves near R ear, twist and bend upper torso, looking over top of shoulder to see L ft (ct &). Tap L heel diag in front of R (ct &).

Arms: Starting pos: Upper arm parallel to floor, forearm close to body, hands relaxed, held high, palms in.

### Pattern V. Chest carry

Wt on L, tap R toe side R (ct &). Step R back into place, toe fwd (ct 1). Tap L toe side L (ct &). Step back into place, toe bkwd (ct 2).

#### Variations:

1. Move fwd on cts 1,2.
2. Move bkwd on cts 1,2.
3. Bend fwd from waist.

Arms: Elbows bent, palms face body about chest height. Upper body turns so that on tap L, L elbow is bkwd, R elbow fwd. Reverse for R tap.

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