

La Picona

Chihuahua

- 4 Polka w/Heels Circle w/Partner
Y1, 2, 3- Y1, 2, 3- Y1, 2, 3- Y1, 2, 3-Y1, 2-1, 2, 3- Y1, 2-1, 2, 3
RR, L, R-LL, R, L- RR, L, R-LL, R, L-RR, L-R, L, R-LL, R-L, R, L
STAMP STAMP, FRONT HEEL, BACK HEEL-STAMP STAMP, FRONT
HEEL, BACK HEEL- STAMP STAMP, FRONT HEEL, BACK HEELSTAMP
STAMP, FRONT HEEL, BACK HEEL-STAMP, STAMP,
STAMP-STAMP, STAMP, STAMP-STAMP STAMP, STAMP-STAMP,
STAMP, STAMP
- 2 Cross Slap Grapevine w/Partner
1, 2, 1, 2-1, 2, 1, 2-1, 2, 1, 2-1, 2, 1, 2
1Y, 2Y, 3Y, 4-1Y, 2Y, 3Y, 4
1, 2-1, 2, 3, 4-1Y, 2Y, 1, 2
L, L, R, R- L, L, R, R- L, L, R, R- L, L, R, R
RL, RL, RL, R-LR, LR, LR, L
R, R-L, R, L, R-LR, LR, L, R
STAMP IN, STAMP OUT, BACK SLAP, STAMP-STAMP IN, STAMP
OUT, BACK SLAP, STAMP-STAMP IN, STAMP OUT, BACK SLAP,
STAMP-STAMP IN, STAMP OUT, BACK SLAP, STAMP-STEP BACK,
STEP SIDE, STEP FRONT, STEP SIDE, STEP BACK, STEP SIDE,
SIDE- STEP BACK, STEP SIDE, STEP FRONT, STEP SIDE, STEP
BACK, STEP SIDE, SIDE-STAMP FRONT, STAMP, STAMP, STAMP,
STAMP, SLIDE BACK, SLIDE BACK, STAMP, STAMP
- 2 Polka w/Heels Circle w/Partner
Y1, 2, 3- Y1, 2, 3- Y1, 2, 3- Y1, 2, 3-Y1, 2-1, 2, 3- Y1, 2-1, 2, 3
RR, L, R-LL, R, L- RR, L, R-LL, R, L-RR, L-R, L, R-LL, R-L, R, L
STAMP STAMP, FRONT HEEL, BACK HEEL-STAMP STAMP, FRONT
HEEL, BACK HEEL- STAMP STAMP, FRONT HEEL, BACK HEELSTAMP
STAMP, FRONT HEEL, BACK HEEL-STAMP, STAMP,
STAMP-STAMP, STAMP, STAMP-STAMP STAMP, STAMP-STAMP,
STAMP, STAMP
- 1 Dip Penguins Combo w/Partner Kicking
1Y, 2Y, 3Y, 4Y-1, 2, 3, 4, 5, 6, 7, 8
1Y, 2Y, 3Y, 4Y- 1, 2, 3, 4, 5, 6, 7, 8
1, 2-1, 2, 3-1, 2-1, 2, 3-1, 2, 3, 4, 5, 6, 7, 8
1, 2-1, 2, 3-1, 2-1, 2, 3-1, 2, 3, 4, 5, 6, 7, 8
RL, RL, RL, RL-R, L, R, L, R, L, R, L
RL, RL, RL, RL-R, L, R, L, R, L, R, L
R, L-R, L, R-L, R-L, R, L-R, L, R, L, R, L, R, L
R, L-R, L, R-L, R-L, R, L-R, L, R, L, R, L, R, L
LUNGE BACK, LUNGE BACK, LUNGE BACK, LUNGE BACK-STEP,
STEP, STEP, STEP, STEP, STEP, STEP, STEP
LUNGE BACK, LUNGE BACK, LUNGE BACK, LUNGE BACK-STEP,
STEP, STEP, STEP, STEP, STEP, STEP, STEP
STEP, STEP-STEP, STEP STEP-STEP, STEP-STEP, STEP, STEP
STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP
STEP, STEP-STEP, STEP STEP-STEP, STEP-STEP, STEP, STEP
STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP
- 2 Polka w/Heels Circle w/Partner
Y1, 2, 3- Y1, 2, 3- Y1, 2, 3- Y1, 2, 3-Y1, 2, 1, 2, 3- Y1, 2, 1, 2 ,3
RR, L, R-LL, R, L- RR, L, R-LL, R, L-R, L, R, L, R-L, R, L, R, L
STAMP STAMP, FRONT HEEL, BACK HEEL-STAMP STAMP, FRONT

HEEL, BACK HEEL- STAMP STAMP, FRONT HEEL, BACK HEELSTAMP
STAMP, FRONT HEEL, BACK HEEL-STAMP, STAMP,
STAMP-STAMP, STAMP, STAMP-STAMP STAMP, STAMP-STAMP,
STAMP, STAMP

1

Dip Penguins Combo w/Partner

1Y, 2Y, 3Y, 4Y-1, 2, 3, 4, 5, 6, 7, 8

1Y, 2Y, 3Y, 4Y- 1, 2, 3, 4, 5, 6, 7, 8

1, 2-1, 2, 3-1, 2-1, 2, 3-1, 2, 3, 4, 5, 6, 7, 8

1, 2-1, 2, 3-1, 2-1, 2, 3-1, 2, 3, 4, 5, 6, 7, 8

RL, RL, RL, RL-R, L, R, L, R, L, R, L

RL, RL, RL, RL-R, L, R, L, R, L, R, L

R, L-R, L, R-L, R-L, R, L-R, L, R, L, R, L, R, L

R, L-R, L, R-L, R-L, R, L-R, L, R, L, R, L, R, L

LUNGE BACK, LUNGE BACK, LUNGE BACK, LUNGE BACK-STEP,

STEP, STEP, STEP, STEP, STEP, STEP, STEP

LUNGE BACK, LUNGE BACK, LUNGE BACK, LUNGE BACK-STEP,

STEP, STEP, STEP, STEP, STEP, STEP, STEP

STEP, STEP-STEP, STEP STEP-STEP, STEP-STEP, STEP, STEP

STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP

STEP, STEP-STEP, STEP STEP-STEP, STEP-STEP, STEP, STEP

STEP, STEP, STEP, STEP, STEP, STEP, STEP, STEP

La Picon

Mexico - Chihuahua

The rapid pace of this dance iconizes the style of Chihuahua with fast accordion work or picando, and the rapid dancing proffers the name Picon.

Pronunciation: la pi-CO-na

Translation: The fast pick

Music: La Picon on the Viviana Acosta Festival CD

Formation: Couples with typical Chihuahua hold. Man's left hand holding woman's right hand approximately shoulder level and woman's left hand on man's upper right arm.

Meter: 4/4

Measure: Pattern

- Partners use opposite footwork. Steps given for woman.
Man uses opposite footwork.
- I. Polka with heels
 - 1 Stamp with R to right (ct 1), step R to right (ct +)
Touch L heel to left (ct 2),
Raise up and down on heel of right foot (ct +)
(arms can move up and down during the step)
Stamp with L to left (ct 3), step L to left (ct +)
Touch R heel to right (ct 4),
Raise up and down on heel of left foot (ct +)
 - 2-4 Repeat meas 1 three times
 - 5 Step on R (ct 1) step on L (ct 2)
Step R (ct 3) step on L (ct +) step on R (ct 4)
While woman is turning CW one full turn under her right (man's left arm)
 - 6 Step on L (ct 1) step on R (ct 2)
Step L (ct 3) step on R (ct +) step on L (ct 4)
While woman is turning CCW one full turn under her right (man's left arm)
 - 7-24 Repeat meas 1-6 three times (total of 4 times)
 - II. Cross Slap Grapevine
Men and women use opposite footwork. Steps given for woman.
Man uses opposite footwork
 - 1 Stamp L flat on floor to right with toes pointing to right (ct 1)
Stamp L flat on floor to left with toes pointing to left (ct 2)
Leap onto L to right between couple while bending right knee and touching bottom of woman's right foot to bottom of man's left (ct 3)
Step on R in place (ct 4)
 - 2-4 Repeat meas 1 three times but end with no weight on R foot
 - 5 Grapevine to left
Step with R behind left foot (ct 1), step on L to left (ct +),
cross R in front of left foot (ct 2) , step on L to left (+)
Step with R behind L (ct 3) step on L to left (ct +)
cross R in front of left (ct 4)
 - 6 Grapevine to right

- Step with L behind right foot (ct 1), step on R to right (ct +)
 cross L in front of right foot (ct 2) , step on R to right (+)
 Step with L behind right foot (ct 3) step on R to right (ct +)
 Cross L in front of right (ct 4)
- 7 Brush R forward and to right (ct 1), step on R (ct 2)
 Step L (ct 3) step R (ct +), step L (ct ah)
 stamp R with weight (ct 4)
- 8 Slide L to left (ct 1) close or slide R to the L foot (ct +)
 Slide L to left (ct 2) close or slide R to the L foot (ct +)
 Stamp L with weight (ct 3)
 Stamp R with weight (ct 4)
- 9-16 Repeat meas 1-8
- 1-12 III. Polka with heels
 Repeat meas 1-6 pattern I two times
- IV. Dip Penguins Combo
 Typical Chihuahua lunge step. Man's left and woman's right arms
 move with the feet.
- 1 Lunge back on R (ct 1), step backward on L to close (ct +)
 Lunge back on R (ct 2), step backward on L to close (ct +)
 Lunge back on R (ct 3), step backward on L to close (ct +)
 Lunge back on R (ct 4), step backward on L to close (ct +)
- 2 Extend R to right side and bring R down to replace left leg(ct 1)
 Extend L to left side and bring L down to replace right leg (ct 2)
 Extend R to right side and bring R down to replace left leg(ct 3)
 Extend L to left side and bring L down to replace right leg (ct 4)
- 3 Extend R to right side and bring R down to replace left leg(ct 1)
 Extend L to left side and bring L down to replace right leg (ct 2)
 Extend R to right side and bring R down to replace left leg(ct 3)
 Extend L to left side and bring L down to replace right leg (ct 4)
 During meas 2-3, the couple turns as a couple 180 degrees or half
 turn CW to face other wall
- 4-6 Repeat meas 1-3 moving toward other direction, ending with
 another half turn CW.
- 7 Step backward on R (ct 1), step backward on L (ct 2)
 Step back on R (ct 3), step back on L (ct +), step back on R (ct 4)
- 8 Step backward on L (ct 1), step backward on R (ct 2)
 Step back on L (ct 3), step back on R (ct +), step back on L (ct 4)
- 9 Extend R to right side and bring R down to replace left leg(ct 1)
 Extend L to left side and bring L down to replace right leg (ct 2)
 Extend R to right side and bring R down to replace left leg(ct 3)
 Extend L to left side and bring L down to replace right leg (ct 4)
- 10 Extend R to right side and bring R down to replace left leg(ct 1)
 Extend L to left side and bring L down to replace right leg (ct 2)
 Extend R to right side and bring R down to replace left leg(ct 3)
 Extend L to left side and bring L down to replace right leg (ct 4)
 During meas 2-3, the couple turns as a couple 180 degrees or half
 turn CW to face other wall
- 11-14 Repeat meas 7-10
- V. Polka with heels
- VI. Dip Penguins Combo
 Man turns woman under his arm at end

Disclaimer: The notes for this Mexican dance were re-written in approximate Federation format from dance notes submitted by the master teacher. Where there are questions, please refer to the teacher's original notes or the teacher's DVD.