

El Remedio

(Argentina)

El Remedio is a happy, lively dance of gallantry where the man and woman dance apart until the very end. It is generally danced with handkerchiefs waving overhead and dipping in salute. In the choreography, the man celebrates the woman and makes her the object of his attention, chasing her through the four corners and turns, showing off for her his best efforts in the Zapateo, hoping to win her admiration.

The handkerchief plays a part in this dance and is important in the courtship as the dancers can express through its movements how they feel.

Pronunciation: ehl reh-MEH-dee-oh

Translation: The Remedy

Music: 6/8 meter

Música de Mi Pueblo, Track 3

Formation: Couples, with the M and W dancing separately until the end. Couples start diagonally across a square space about 8 feet on a side. Each dancers has a handkerchief in R hand. Throughout the dance handkerchief is twirled by moving the wrist in a small figure 8 pattern.

Steps & Styling: The movements of this dance are done on the diagonals of a square space. Begin the wt back on R with L extended and pointing, body facing diagonally R.

Triplet Waltzing Step: Each step in this dance is actually three steps, a triplet waltz step that is one long step (ct 1) and two shorter steps done almost in place (cts 2-3), beg with either ft.

Zarandeo. This is a W's pattern of Triplet Waltzing Steps tracing a pattern on the floor while swishing her skirt. There is no choice dictated. One option is described here.

Zarandeo de Cuatro. W does Triplet Waltzing Steps tracing a diamond or rhombus while moving her skirt counter-body. Each Cuatro takes four Triplet Waltzing Steps, so the tracing of the diamond is done twice.

Zapateo. This is a stamping pattern. M chooses which Zapateo to perform. There is no set choreographic choice dictated. See separate instructions at the end of this section for Zapateos.

Meas 6/8 meter

Pattern

8 INTRODUCTION. Clapping 8 cts while looking at partner over L shldr.

I. CUATRO ESQUINAS (FOUR CORNERS).

Notes: Each "corner" is achieved by dancing four Triplet Waltz Steps while a handkerchief in R hand is twirled over R shldr just above dancer's head.

1 With 2 Triplet Steps starting on L, M and W meet in ctr, handkerchief dips, hand lowering to waist level briefly (cts 1-3), saluting ptr and raising handkerchief to resume twirling (cts 4-6).

2 CCW turn ¼ (cts 1-3) and finish a CCW on the corner L of original pos. End facing ptr diagonally across the square (cts 4-6).

3-8 Repeat meas 1-2 three times until back at starting pos.

II. VUELTA ENTERA (FULL CIRCLE).

1-2 The dancers begin a CCW arc circling each other in the ctr and returning to starting point with four Triplet Waltzing Steps (cts 1-6, 1-6).

3 One Triplet Waltzing Steps to advance twd ptr (cts 1-3); make a CCW smaller circle (“giro”) in front of ptr (cts 4-6), dipping handkerchiefs.

4 With handkerchiefs waving, turn away from ptr ½ turn CCW and use two Triplet Waltzing Steps to return to orig corner and turn ½ CCW face ptr (cts 1-6).

III. ZAPATEO Y ZARANDEO DE CUATRO.

1-4 M performs a Zapateo while the woman performs a Zarandeo de Cuatro twice.

IV. ZAPATEO Y ZARANDEO DE CORAZÓN.

1-4 M performs a Zapateo while W performs a Zarandeo del Corazón.

V. MEDIA VUELTA & GIRO FINAL (BIG HALF-TURN AND FINAL TURN).

1-2 M and W exchange places in a CCW arc, using four Triple Waltzing Steps.

3 M and W dance in a small CCW circle using two Triple Waltzing Steps.

4 M and W turn in place CCW using two Triple Waltzing Steps to end facing each other. The overall movement in these four meas resembles a spiral.

Ending pos: Facing each other, wt back on R and L pointed fwd, M and W lightly clasp fingers of R hand with forearms, hands vertical, in a final salute.

Sequence: The dance is done twice. At the end of first time through, M gives the W a turn to her L to send her to her new corner behind her.

Presented by Pampa Cortés