

# 1959 SANTA BARBARA FOLK DANCE CONFERENCE

Presented by Albert S. Pill

## LA SINFOROSA

Mexico - State of Durango

**SOURCE:** Learned by Albert S. Pill from Jacinto Angel Guzman, teacher of regional dances in Durango. This dance should be danced with a great deal of spirit and fire and with much stamping during the zapateados.

**RECORD:** Musart 1107 2/4 time.

**FORMATION:** Cpls in double circle facing each other; about 6 feet apart, M back to center of circle. W hold skirts, M's hands clasped behind back. Directions written for M; W use opp footwork unless otherwise specified.

**STEPS:** Zapateado 1: (2 zapateados per meas)  
Hit L heel fwd on floor (ct &); step fwd L (ct 1); hit R heel fwd on floor (ct &); step fwd R (ct 2).

Zapateado 2: (5 meas to complete two Zapateado 2's)  
Stamp L (ct 1); stamp L (ct 2); step L (ct 1); hit R heel fwd on floor (ct &); step R fwd (ct 2); brush L heel fwd on floor (ct &) 1 step L (ct 1); repeat with opp ftwk, moving in opposite direction.

Diagram:

	s - step; st - stamp						
			hit	hit			hit
action	st	st	s heel	s heel	s	st	st s heel
ft	L	L	L R	R L	L	R	R L
ct	1	2	1 &	2 &	1	2	1 2 &
meas	1		2		3		4

  

	hit	
action	s heel s	
ft	L R R	
ct		
meas	5	

Zapateado 3: (3 meas to complete one Zapateado 3)  
Tap L toe to L side with heel out (ct 1); tap L heel to L side with L toe pointing up and to L (ct 2); tap L toe as in ct 1 (ct 1); step L to L (ct 2); hit R heel (ct &); step R (ct 1); hit L heel (ct &) step L (ct 2). Repeat with opposite ftwk, moving in opposite direction.

Diagram:

	tap	tap	tap	hit	hit	
	toe	heel	toe	s heel	s heel s	
action						
ft	L	L	L	L R	R L L	
ct	1	2	1	2 &	1 & 2	
meas	1		2		3	

*continued...*

La Sinforosa

MEASURES

PATTERN

No introduction

FIG. I

- 1-12 Ptnrs move twd each other with Zapateado 1, ending about one foot apart, ending last step with a stamp.
- 13-16 R hands joined with ptrnr, W turn once CW under joined hands with 4 step-hops while M dances 4 step-hops in place without turning.
- 17-18 Sway in place, M to L, then R: W to R then L.

FIG. II

- 1-28 Ptnrs moving in front of each other, facing each other, dance 11 Zapateado 2, beg M L ft, W R ft, finishing the last step with a stamp.
- 29-32 With 4 step-hops, turn in place individually  $3/4$  turn; M, CW; W, CCW, ending in semi-varsouvienne position. (Cpls are now directly behind one another). NOTE: Semi-varsouvienne position: W to R of M, L hands joined and extended across M's chest, R hands at W's R hip. Cpls face LOD.
- 33-34 Hold position, both M and W place wt on R.

FIG. III

- 1-13 Both beginning L, dance 5 Zapateado 2's, W moving in front of M alternately to L and R, hand position changing to accommodate. Finish last step with a stamp.
- 14-18 With R hands joined high, W turn  $1-3/4$  CW with 5 step-hops while M dances 5 step-hops in place, both beginning R. End facing ptrnr, both hands joined. M's back to center of circle.

FIG. IV

- 1-28 Ptnrs circle once CW with 9 complete Zapateado 3; finish last step with a stamp.
- 29-32 With M's L and W's R hand joined, W turn  $1\frac{1}{4}$  CW with 4 step-hops as M dances 4 step-hops in place. At end of this fig, cpls are facing LOD, one behind another, W on M's R, M's hands clasped behind his back, W's hands hold skirts.

FIG. V

- 1-28 Beg M R and W L, dance 11 Zapateado 2's, alternating direction, W dancing in front of M throughout; finish last step with a stamp.
- 29-34 Individually turn once; M, CCW; W, CW with 6 step-hops.

FIG. VI

- 1-28 Join both hands with ptrnr. Dancing 9 Zapateado 3's M and W on opposite ft, ptnrs gradually turn once CW, ending final step with a stamp. While moving to M's L, M's L and W's R hands (joined) should be lowered; other joined hands raised, arms straight. When moving to M's R, M's R and W's L hands should be lowered, other joined hands raised.
- 29-32 With 4 step-hops, W turn 2 complete turns under joine M's L and W's R hands (CW).
- 33 Hands still joined as in meas 29-32, ptnrs bow to each other.

NOTE: Although these dance notes specify CW or CCW, individual turns and W's turns under M's arm may be done either CW or CCW, according to will of dancer.