

## Philippine

This "Visayan" dance obtained its present name when one of the best dancers in the village began to do the dance in imitation of ducks. Originally the dance was called "Sibbay". The word Itik means duck, and the entire dance is done to denote the walking in a choppy duck-like manner, the splashing of water over the backs, and courting.

These directions were merely refresher notes for those taking the Philippine folk dance courses with Francisca Aquino, leading authority on Philippine folk dances. Detailed directions and music are found in her books on the subject.

MUSIC: Record: FOLK DANCER MH 2021

FORMATION: Dance may be done as a ballroom dance with cpls scattered around the floor, or in contra lines.

STEPS: ITIK-ITIK Step #1...STEP, BALL-CLOSE, BALL-CLOSE (cts 1, 2, 3, &). (Note that the letter in parenthesis is the W's ft, the other is the M's).

Step L(R) fwd (ct 1). Raise heel of L(R) ft & slide R(L) close to L(R) in 5th or 3rd pos in rear (ct 2). Small step fwd on ball of L(R) ft (ct 3) & slide R(L) in 3rd pos in rear (ct &). This step is done with one ft leading, going fwd.

ITIK-ITIK Step #2. Cts 1, 2 & 3. HEEL, CLOSE-BALL, CLOSE. Step L(R) heel fwd (ct 1). Slide R(L) close to L(R) in 5th or 3rd pos in rear (ct 2). Small step fwd with ball of L(R) ft (ct &), slide R(L) close to L(R) in 5th or 3rd pos in rear (ct 3). This is done with one ft leading, fwd movement.

ITIK-ITIK Step #4. STEP, SLIDE-CLOSE, SLIDE-CLOSE (cts 1, 2, 3) Small step R(L) fwd (ct 1), twist trunk sl to R(L) side, bring L(R) ft in 4th pos in front & slide bkwd with ball of same ft & simultaneously with a spring slide R(L) fwd to close with L(R) in first pos (ct 2), repeat ct 2 (ct 3). The L(R) ft bears no wt on cts 2, 3. This step is done with alternate ft going in any direction.

ITIK-ITIK Step #5. CROSS-STEP, SLIDE-CLOSE-SLIDE-CLOSE (cts 1, 2, 3).

Same as #4 above except that the step on ct 1 is done across the other ft in front.

ITIK-ITIK Step #6. CROSS-STEP, SLIDE-CLOSE, CROSS-STEP, SLIDE-CLOSE, CROSS-STEP (cts 1, & 2, & 3).

Step R(L) across L(R) in front (ct 1), slide with ball of L(R) ft close to heel of R(L) ft (ct &), short slide or small step with R(L) ft sdwd L (R) across L(R) in front (ct 2), repeat for ct &, (ct &). Short slide or small step with R(L) ft sdwd L (R) across L(R) in front (ct 3).

NOTE there is no ITIK-ITIK Step #3 used in this dance, for those of you who may wonder what happened to #3! *continued...*

## PATTERN

## Meas

MUSICAL INTRODUCTION: W hold skirts, M has hands on hips. Bow.

## Music A

## PART I:

Ptrs stand so L shoes are twds audience. Arms sdwd at sho level.

- (7) (a) With R ft leading, take 7 ITIK-ITIK #1 Steps moving fwd; Bend trunk sl fwd & lower arms to about waist level on ct 1. Straighten trunk & make 2 small flaps of arms upwd to sho level on cts 2,3 of every meas.
- (1) (b) Step R ft in place (ct 1), pause (cts 2,3). Lower arms down at sides.
- (8) (c) Face L about. With L ft leading, repeat (a-b) going to proper places.

## Music B

## PART II: Ptrs face front.

- (7) (a) Starting with inside ft (L for W, R for M), take 7 ITIK-ITIK #2 Steps to ptr's place, W passing in front of M. Arms bent fwd with elbows at sho level, fists sl closed & near each other. Move trunk as in FIG. I (a). Raise elbows sl upwd on ct 1 & do 2 small downward flaps on cts 2,3 or every meas as if flapping wings.
- (1) (b) Step in place with outside ft (ct 1), pause (cts 2,3). Arms down at sides.
- (8) (c) Repeat (a-b) & finish in proper places.

## Music A

## PART III: Ptrs face each other.

- (4) (a) With R ft leading, take 4 ITIK-ITIK #1 steps to form one line at ctr, W in front of ptr, both facing front. W holds skirt, M places hands on waist.
- (3) (b) Join both hands, R hand of W with R of M & L hand with L hand of M. The M's hands are under the W's hands. Palms of ptrs are tog. With R ft leading, take 3 ITIK-ITIK #2 steps moving sdwd R. Move trunk as in FIG. I (a). Raise L arms high.
- (1) (c) Step R ft sdwd (ct 1), point L obliquely fwd with L (cts 2,3). Reverse pos of arms (R arms high).
- (4) (d) Repeat (b-c) starting with L ft, moving sdwd L. R arms high in (b) & reverse pos in (c).
- (e) Drop hands. Face twd dir of proper places. Repeat (a) to places.

*Continued.*

## Music B PART IV: Ptrs face each other.

- (2) (a) Starting with R ft, take 2 waltz steps fwd to meet at ctr. Arms in lateral pos, moving sdwd R & L, fingers fluttering.
- (2) (b) Hold in open ballroom dance pos, stretched arms twd front and both facing front.
- (3) (c) W starts with R & M with L ft. Take 3 ITIK-ITIK #2 steps moving twd front.
- (1) (d) Step fwd (R of W, L of M) (ct 1), face opp dir without changing pos of hands & point fwd with free ft (cts 2,3). On cts 2,3 stretched arms are raised at head level.
- (4) (e) Repeat (c-d) starting with other ft, moving away from front. Lower stretched arms in (d).
- (2) (f) Starting with outside ft, take one ITIK-ITIK #1 step (cts 1,2,3). Three step turn outward (cts 1,2,3).
- (2) (g) Repeat (f) starting with inside ft. Reverse turn. M immed transfers wt to L ft after last ct.

## Music A PART V: Ptrs face front; as the following steps are done ptrs are moving little by little fwd.

- (8) (a) Take 8 ITIK-ITIK #6 steps R & L ft across in front alternately. R arm in reverse "T" pos & back of L hand supporting R elbow when R ft is across in front; reverse pos of hands when L ft is across in front.
- (4) (b) Starting with R ft, take 4 step-point steps moving bkwd to proper places. W holds skirt, M places hands on waist. Ptrs face each other.
- (4) (c) Execute 4 waltz steps sdwd, R & L alternately. Arms in lateral pos, moving sdwd R & L alternately, fingers fluttering.

## Music B PART VI:

- (16) Ptrs face L so that R shos are twd each other. With R ft leading take 16 ITIK-ITIK #1 steps moving CW. Arm pos & trunk moving as in FIG. II (a). Finish in proper places.

## MUSIC A PART VII: Ptrs face each other.

- (4) (a) With R ft leading, take 4 ITIK-ITIK #5 steps, meeting at ctr. W holding skirt, M's hands on waist. Ptrs face front.
- (4) (b) Starting with R ft, take 4 ITIK-ITIK #4 steps fwd. Trunk is sl twisted to R & L side alternately on cts 2,3 of every meas, R & L arm in reverse "T" pos alternately, free hand on waist. Turn R about.

Continued.

(4) (c) Repeat (b).

(4) (d) Repeat (a), going to proper places.

Music B PART VIII: Play last two meas. slowly. Ptrs face each other.

(4) (a) With R ft leading, take 4 ITIK-ITIK #1 steps twd ctr. Finish in one line, W in front. Arm pos & trunk movement as in FIG. II (a). Ptrs face front.

(4) (b) Take 4 waltz steps sdwd, R & L alternately. Arms in lateral pos, moving sdwd R & L alternately, fingers fluttering.

(6) (c) M holds waist of ptr. With R ft leading, take 6 ITIK-ITIK #1 steps, going CW once. R arm of W in reverse "T" pos, back of L hand under R elbow. Ptrs finish facing front, W at R side of M.

Join inside hands, outside hands down at sides.

(2) (d) M stands still while W executes a three-step turn R in place passing under arch of arms (1 m). Both bow to audience (1 m).

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