

MI PECOSITA

Typical Mexican Polka danced throughout northern Mexico and especially in the states of Chihuahua, Sonora, and Durango.

Source: Learned by Albert S. Pill from Jacinto Angel Guzman, teacher of regional dances in Durango, Mexico.

Music: ASP 1-2

Formation: Couples in social dance pos M faces LOD.

Basic Step: The Mexican polka step is danced on ball of ft with heel very close to floor. Step fwd on L ft (ct. 1), step R ft next to L ft (ct. &), step L ft in place (ct. 2). Repeat starting with R ft.  
The Mexican polka is danced with bodies very relaxed. There is a great deal of up and down movement resulting from action in the knees. Ftwk is described for M; the W does same on opposite ft unless otherwise specified.

- | <u>Meas.</u>       | <u>Pattern</u>  |
|--------------------|---|
| 2/4 time           | Introduction 7 meas.  |
| A.                 | <u>Figure I.</u>  |
| 1-8                | 8 Mexican polka steps in LOD, begin L ft. M moves fwd in LOD while W moves bkwd in LOD.   |
| 9-16               | 8 Mexican polka steps turning CW while moving CCW around the room. Bodies sway first to M's L then to M's R.                              |
| 1-16<br>(repeated) | Repeat action meas 1-16, end with M's bk to center of circle.   |
| B.                 | <u>Figure II</u> (Social dance pos; M's bk to center of circle).  |
| 1                  | Hop on R ft and extend L heel to L side (ct. 1), hop on R fr and extend L toe to L side with L heel pointed to the L (ct. 2).             |
| 2                  | Repeat action meas 1, Fig. II.  |
| 3-4                | 4 slides to M's L.  |
| 5                  | Hop on L ft and extend R heel to R side (ct 1), hop on L ft and extend R toe to R side with R heel pointed to the R (ct. 2).              |
| 6                  | Repeat action meas 5, Fig. II.  |
| 7-8                | 4 slides to M's R.  |
| 9-32               | Repeat above action, meas 1-8 Fig. II, 3 more times.  |
| A.                 | <u>Figure III</u> (turn so M faces LOD, W's bk to LOD)  |
| 1-4                | 4 Mexican polka steps in LOD, begin L ft. M moves fwd in LOD while W moves bkwd in LOD.   |
| 5-8                | W turns once to R under M's L arm with 4 Mexican polka steps, M dances 4 polka steps in place.  |
| 9-12               | 4 Mexican polka steps turning once CW while moving CCW around room. Bodies sway.  |
| 13-16              | Repeat action meas 5-8, Fig. III.   |
| 1-16<br>(repeated) | Repeat action meas 1-16, Fig. III, ending in semi-varsouvienne pos.   |
| B.                 | <u>Figure IV.</u> Partners in semi varsouvienne pos, facing LOD. W is to R of M. LHs are joined and extended across M's chest, RHs joined |

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- | <u>Meas.</u> | <u>Pattern</u>  |
|--------------|---|
|              | at W's waist. Both M & W begin L ft.  |
| 1            | Touch L toe fwd (ct. 1), hop on R ft while lifting L ft (ct. 2).  |
| 2            | Repeat action meas 1, Fig. IV.  |
| 3-4          | 4 slides diag fwd to the L. M moves behind W as R Hs are joined and extended across M's chest, LHs joined at W's waist.       |
| 5            | Touch R toe fwd (ct. 1), hop on L ft lifting R ft (ct. 2),  |
| 6            | Repeat action meas 5, Fig. IV.  |
| 7-8          | 4 slides diag fwd to the R. M moves behind W to original pos at beginning of figure.  |
| 9-32         | Repeat above action, meas 1-8 Fig. IV, 3 more times.  |
| <br>         |   |
| A.           | <u>Figure V</u>   |
|              | Drop Hs and face partner. M's Hs clasped behind bk, W holds skirts. M's bk to center of circle. Both M & W start L ft.        |
| 1            | Low leap sdwd on L ft (ct. 1), step R ft next to L ft (ct. &), step L ft in place (ct. 2).                                    |
| 2            | Shorter leap to R on R ft (ct. 1), step L ft next to R (ct. &), step R ft in place (ct. 2).                                   |
| 3-4          | Repeat action meas 1-2, Fig. V. Movement is to the L, covering space CW.  |
| 5            | 1 Mexican polka step beginning L ft and moving twd partner.   |
| 6            | 1 Mexican polka step begin R ft and moving away from ptr.   |
| 7-8          | Repeat action meas 5-6, Fig. V.   |
| 9-32         | Repeat above action, meas 1-8, Fig. V, 3 more times.  |
| <br>         |   |
| B.           | <u>Figure VI</u> (Social dance pos, M's bk to center of circle)   |
| 1            | Hop on R ft and extend L heel to L side (ct. 1); hop on R ft and extend L toe to L side with L heel pointed to L (ct. 2).     |
| 2            | Hop on R ft and extend L heel to L side (ct. 1), chug sdwd to R.  |
| 3-4          | 4 slides to M's L.  |
| 5            | Hop on L ft and extend R heel to R side (ct. 1), hop on L ft and extend R toe to R side with R heel pointed to the R (ct. 2). |
| 6            | Hop on L ft and extend R heel to R side (ct. 1), chug sdwds to L on L ft lifting R ft in twd shin, hold (ct. 2).              |
| 7-8          | 4 slides to M's R.  |
| 9-16         | Repeat action meas 1-8, Fig. VI.  |
| 17-20        | In social dance pos, 4 Mexican polka steps in LOD, M moving fwd and W moving bkwd.  |
| 21-24        | 4 Mexican polka steps turning CW while moving CCW around room.  |
| 25-28        | Repeat action meas 17-20, Fig. VI.  |
| 29-31        | W turns R under M's LH with 3 Mexican polka steps, M dances 3 polka steps in place.   |
| 32           | M bow, W curtsy.  |

--Presented by Albert S. Pill  
 --notations prepared with assistance  
 of Marion Wilson