

## TINOLABONG

Tinolabong is another Philippine dance named after a bird. This bird, called Tolabong, in Capiz, Visayan Islands, is a specie of heron, with a long neck, long legs, a tapering bill, large wings, and soft white feathers.

These birds are commonly seen riding serenely on the back of carabaos (water buffalo). The carabaos like these birds because they peck at the insects that annoy their host. When resting or sleeping, these birds usually stand on one foot while the other is raised with the claw resting behind the knee of the standing foot. The tinolabong dance imitates the movements of this bird.

**Costume:** W wears red (or white) skirt and white loose blouse with long sleeves and close neck. M wears red (or white) trousers and white "camisa de chino." Both dance barefoot.

**Music:** Piano: Francisca R. Aquino, Philippine Folk Dances, Vol. V, Manila, Philippines, 1966.  
Record: Mico MX - 739-A, 2/4 meter.

**Formation:** Ptrs stand opp each other about six ft apart. When facing audience, W stands at R side of ptr.

**Steps:** Tinolabong step:  
Step R (L) fwd (ct 1), step L (R) close to R (L) (ct &), step R (L) fwd (ct 2), raise L (R) knee in front, placing L (R) close and behind the R (L) knee) ct &).

Parallel Tortillier:

Slightly raise and twist body putting weight on balls of both feet (ct 1), transfer weight to heels on both feet and twisting body to opp direction (ct 2). This movement can be done either sdwd R or L.

Contra-gansa:

Leap sdwd with R (L) (ct 1), step L (R) across in front of R (L) (ct &), step R (L) in place (ct 2).

Hand Movement: Bend arms upward, elbows in front and close to waist. The fore-arms are parallel to each other. Fingers are straight and finger tips are close together with thumbs down, forming like the bill of a bird. The R & L hands (or bills) are pointed twd and near each other. The wrists are flexed downward two times so that the hands (or bills) appear like birds pecking each other. The elbows move a little bit away from each other and away from the waist (cts 1, &), flex the wrists inward so that the hands (or bills) move away from each other, pointing upward, elbows move closer to each other to former pos (ct 2). This movement of the hands is done throughout the dance except when otherwise

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indicated. Henceforth this position of the hands with fingers together shall be referred to as "bills."

Meas.      Patterns

Introduction - Ptrs face audience.

- 1            Three-step turn R in place. Arms down at sides, hands formed like bills of a bird, bills pointing downward.
- 2            Raise L knee in front, place L ft in rear and close to back of R knee just like a bird when resting. Bend R arm upward, bill pointing inward (twd L side), L hand at back below waist, bill pointing in rear, turn head to L. Pose in this position.

Figure I. Ptrs face each other. Start with R ft always.

- 1-2        Take two tinolabong steps fwd to be in one line at ctr, M behind W, both facing front. Do the hand movements as described above (pecking twice). Turn head to R and L side alternately throughout.
- 3-4        Take two tinolabong steps fwd going twd audience. Do the same hand movements as in meas. 1-2.
- 5-8        Turn R about. Take four tinolabong steps going away from audience, same hand movements as in meas. 1-2.
- 9-12      Turn R about. Repeat movements of meas. 5-8, going twd audience.
- 13-14     Turn R about. Take two tinolabong steps going away from audience, same hand movements as in meas. 1-2.
- 15-16     Face own place. Take two tinolabong steps to proper places, same hand movements as in meas. 1-2. Turn R about after the second tinolabong step.

Figure II - Ptrs face each other.

- 1-4        Starting with R ft, take four tinolabong steps to ptrs place, passing by R shoulders, same hand movements as in Fig. I, meas. 1-2.
- 5-8        Turn R about. Repeat movements of Fig. II, meas. 1-4, going to proper places, passing by L shoulders.
- 9-12      Turn L shoulders twd each other. Starting with R ft, take four tinolabong steps fwd with same hand movements.
- 13-16     Turn R about. Repeat movements of Fig. II, meas. 9-12, finishing in proper places.

Figure III - Ptrs face each other.

- 1-2        Execute four parallel tortillier going to sdwd R, taking one count for each movement. Do the same hand movements but peck once so that bills are pointed downward on ct 1, flex wrists downward so that bills are pointing upward on ct 2.

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- 3-4 Repeat movements of Fig. III, meas. 1-2, going sdwd L.  
 5-6 Starting with R, take two change steps fwd to meet at ctr, arms sdwd flex wrists up (ct 1) and down (ct &) alternately on every ct.  
 7-8 Four-step turn R to proper places. Arms down at sides, bills closed and pointing downward.  
 9-16 Repeat all movements of Fig. III, meas. 1-8.

Figure IV - Ptrs face audience.

- 1-4 Starting with R, take four tinolabong steps fwd. Hand movements as in Fig. I, meas. 1-2.  
 5-8 W turns R about so that ptrs R shoulders are twd each other. Starting with R, take four tinolabong steps going around once CW with same hand movements. Take bigger steps.  
 9-12 Turn R about. Repeat movements of Fig. IV, meas. 5-8, going CCW. Finish in starting places, facing away from audience.  
 13-16 Repeat movements of Fig. IV, meas. 1-4 going to proper places.

Figure V - Turn R shoulders twd each other.

- 1-2 Contra-ganza R and L. Do the same hand movements as in Fig. I, meas. 1-2.  
 3-4 Three-step turn R to ptrs place, W passing in front of M (cts 1, 2, 1) close L to R and pause (ct 2). Finish the turn with L shoulders twd each other. Bend arms fwd, elbows at shoulder level, bills pointing downward, knuckles near each other on ct 1 and lower elbows slightly downward, bills pointing twd each other on ct 2. Do this movement once more (cts 1, 2).  
 5-8 Repeat movements of Fig. V, meas. 1-4, starting with L ft. Reverse the turn in meas. 3-4, M passing in front of W.  
 9-16 Repeat all movements of Fig. V, meas. 1-8.

Figure VI - Ptrs face each other. Ptrs perform their movements simultaneously.

- 1-4 W: Starting with R, take four tinolabong steps turning around once CCW at ctr. Pos of hands as in introduction, meas. 2, R & L in front alternately, moving bills as in Fig. I. Bend body slightly fwd.  
 5-8 Turn R about. Repeat movements of Fig. VI, meas. 1-4 moving CW. Finish facing ptr.  
 9-16 Repeat all movements of Fig. VI, meas. 1-8.  
 1-4 M: Starting with R, take four tinolabong steps fwd going halfway around CW to ptrs place. Bend body slightly fwd take the same pos of the hands as in introduction, meas. 2, R & L in front alternately, moving bills as in Fig. I.  
 5-8 Turn R about. Repeat movements of Fig. VI, meas. 1-4 going CCW retracing steps. Same pos of hands. Finish in proper places.  
 9-16 Repeat all movements of Fig. VI, meas. 1-8. Finish facing ptr.

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Figure VII - Ptrs face each other.

- 1-4 Repeat movements of Fig. III, meas. 1-4, arms sdwd at shoulder level, palms facing down. Move hands upward and downward, flexing wrists down and up (cts 1, &). Do this on every ct for four meas, imitating the flapping of wings of birds.
- 5 Change step sdwd R, bend R arm upward (like reverse "T" pos but not so high, elbow at chest level) L arm bent upward with elbow down at waist level and close to body, both bills pointing sdwd R. Move bills upward, downward, upward alternately (cts 1, &, 2).
- 6 Repeat movements of Fig. VII, meas. 5, sdwd L. Reverse pos of arms and move bills downward, upward, downward alternately, (cts 1, &, 2).
- 7-8 Three-step turn R in place, arms down at sides, bills pointing downward (cts 1, 2, 1). Raise L knee in front and place L ft close to and in rear of R knee, bend R arm upward and bill pointing twd ptr, L hand at back below the waist and bill pointing in rear (ct 2).
- Ptrs face audience.
- 9-14 Repeat movements of Fig. VII, meas. 1-6.
- 15-16 Three-step turn R, ptrs moving closer to each other, M dancing almost in place and M taking bigger steps to finish in back-to-back pos facing their proper places (cts 1, 2, 1). Repeat ct 2 of meas. 8, raising L knee in front, R bill pointing fwd and pose in this pos, turn head to R (ct 2).

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