

TULJAK (Continued)

FIGURE IV. "Balance Step."

Boy's right arm is around the neck of the girl; she takes his right hand in her right hand, left hands joined in front. Both balance forward on outside foot, extending the other backward; step back on inside foot, extending outside foot forward. Repeat. (Meas. 41-44).

The girl takes 4 steps, crossing over, in front of boy, to opposite side, and then 4 steps back to place.

The boy dances 4 quiet polka steps in place, during this. (Meas. 45-48).

Balance forward and backward again, twice. (Meas. 49-52).

Together they march 4 steps forward in the circle; separate, putting hands on hips and turning away from each other in a four-step turn. (Meas. 53-56).

(This is repeated, repeating same music 16 measures).

FIGURE V. (a) Partners stand face to face, the girl going backward in the circle. Join right hands, hold high, left hands on hips. Dance forward 2 polka steps; change places with 2 polka steps, passing clockwise.

Change hands, joining left hands, progress 2 polkas, the boy going backward, and change places, circling counter-clockwise to own places. (Meas. 57-64).

(b) Join right hands; dance around each other with 4 polka steps. Repeat, joining left hands and turning opposite direction. (Meas. 65-72).

FIGURE VI. (a) Face to face, join both hands with arms outstretched; dance forward with 8 polka steps, girl going backward. On each step they pull and push their arms, turning a bit from side to side; i.e., on the first step, both pull back with their right hands and push forward with their left. (Meas. 1-8).

(b) The boy puts his hands on the girl's waist; the girl puts her hands on the boy's shoulders; arms outstretched, body erect. They dance the usual polka, turning (clockwise) and progressing in the circle. On the last step, the boy lifts the girl up into the air; she assists by jumping with feet together, at the right moment. (Meas. 1-8, using coda.)

PHILIPPINE MAZURKA

Music: Philippine National Dances.

1. Slide outside foot fwd. and back to inside foot. Turning in clockwise direction, take three steps L, R, L and R, L, R. Repeat alternately 8 times each.
2. Moving fwd take two mazurka steps starting on outside ft. Cut inside ft. backwards M R and W L, and take two steps in place to face in opposite direction. (M--R, L and W--L, R). Repeat this pattern moving clockwise. Repeat four times in all.
3. Slide L ft. fwd., bring L back to R, putting weight on L. Slide R ft. fwd. and bring it back, putting weight on R. Move forward

PHILIPPINE MAZURKA (Continued)

3 steps, and backward three steps beginning with outside foot. (Dancers may use grapevine step as alternative starting M L and W R.)

4. Moving forward about the hall, dancers take three mazurka steps ending with three steps in place to change position so M is on the outside. Repeat mazurka steps with M returning to the inside. Repeat four times in all.

REDOBA (Philippine)

Music: Philippine National Dances, Reyes Tolentino

Formation: Partners in ordinary dance position, R hand of the W and and L hand of the M pointing down.

1. Using native waltz (step, close, step) dancers move at will in any direction 16 meas.
2. Executing the cut-step for M alternately L and R, dancers revolve in a clockwise direction while progressing counterclockwise.
Cut-Step: Described for M. Slide L ft. sideward to the L, cut L ft. sideward with the R, cut R with the L ft. raising R in back of L. Repeat to the R in the same way.
3. Execute native waltz steps as above.
4. In ordinary dance position M hops on L ft. 3 times and on the R ft. 3 times. W same with opposite ft. This is executed while revolving in a clockwise direction. Dancing in place dancers take 6 side cutting steps with the foot moving in a lateral direction sideward. M starts this step by stepping on L ft. and swinging R ft. laterally sideward R. Repeat the full pattern 3 more times.

POLISH POLKA MAZURKA

Music: Any even phrased mazurka, preferably Polish

Formation: Double circle with man on the inside.

1. Step kick swing (for man--woman does same with opposite foot)
Step kick-swing R ft. across L.
Step kick swing L ft. across R.
2. Running Mazurka. Man moves forward with L (accent) right, left, and right, left right. Girl turns out under joined arms after step kick-swing doing 2 mazurka patterns of right, left, right, left, right, left.
3. Click step. (For man while girl moves along with running mazurka step.)
Man moves sideways facing girl, both progressing forward.
Stamp left, knock left foot away with right, clicking heels twice in the air. During clicks, weight is on man's right foot.
4. Cross step. (After click step, man steps directly toward the girl)