

Basic Movements in Philippine Folk Dance
 Classroom Online Resource Document (CORD)

This handout is designed to help your students familiarize *some* of the most widely used movements in Philippine folk dances.

Depending on your teaching style, you may arrange the students in one big circle, a series of columns, or three rows. These movement patterns may be done individually, facing a partner, or facing the leader. These movements may also be used as a warm-up activity, a refresher exercise, or as a review of the previous lesson in Philippine folk dance.

ARMS/HAND MOVEMENT

1. Arms in lateral position

- a. Place both arms on the Right side, shoulder level.
- b. Transfer both arms on the Left side, shoulder level.
- c. Repeat eight times in 2 or 3 time signature/s.

4 4

2. Bilao (*bih-la-oh*)

- a. Bend elbows close to waist, hands in front, fingers pointing forward, palms down.
 - b. Turn hands up and down alternately
 - c. Repeat by varying the speed of execution.
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3. Kewet (*keh-weht*)

- a. With fist slightly closed, stick thumb out.
 - b. Turn Right wrist outward, making a check sign in the air with your thumb.
 - c. Repeat with the Left hand.
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4. Folded arms

- a. Bend arms in front of the chest
 - b. Put one forearm on top of the other.
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5. Hayon-Hayon (*ha-yohn-ha-yohn*)

- a. Place one forearm in front of the waist
- b. Place the other forearm at the back of the waist.
- c. Do the movement simultaneously and alternately until you achieve a wave like movement in the front and back of the body. When the arms go to the side of the body (upon exchange), it is as if the arms are in flying motion.

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DANCE STEPS/COMBINATIONS

	<u>2/4 time signature</u>	<u>3/4 time signature</u>
1. Touch step		
a. Point Right foot in front.	count 1	count 1, 2
b. Step Right foot close to Left foot.	count 2	count 3
Simplified step pattern:	point,	close
Count pattern (ex. 2/4)	1	2

	<u>3/4 time signature</u>		
2. Change step			
a. Step Right foot in front			count 1
b. Step Left foot close to the Right foot in rear			count <i>and</i>
c. Step Right foot quickly in front			count 2
Simplified step pattern:	step,	close,	step
Count pattern (ex. 3/4)	1	<i>and</i>	2

	<u>2/4 time signature</u>	<u>3/4 time signature</u>
3. Step Swing		
a. Step Right foot to the Right	count 1	counts 1, 2
b. Swing the Left foot across the Right foot in front. The knee is slightly bent, toes pointing downward.	count 2	count 3
Simplified step pattern:	step,	swing
Count pattern (ex. 3/4)	1,2	3

	<u>2/4 time signature</u>	<u>3/4 time signature</u>
4. Slow Bleke (<i>blayk</i>)		
a. Place the Right heel in front	count 1	count 1
b. Close the Right foot to the Left foot.	count 2	count 2, 3
Simplified step pattern:	heel place,	close
Count pattern (ex. 3/4)	1	2,3

Sources:

Arenas, Ken, BPE Alumnus, West Visayas State University, Iloilo City, Philippines.
 Piamonte, Rose Marie R. and Liberty R. Porras. Teaching Guide in Philippine Folk Dance and Recreational Ballroom Dancing, Iloilo City, Philippines, 2009.

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