

Binanog Dance

(modified version for classroom instruction)

Starting position: Partners stand beside each other, facing front. Figures can be repeated as many times as desired. The handkerchief is held by the right hand for both dancers. Arm and feet movements are performed simultaneously.

Music: modified version taking a Binanog Festival musical score for the class

Count: 1, 2 to a measure (all figures can be done with 8M to 16M as the music allows)

FIGURE 1: All done facing audience.

Feet movement: small alternate steps, R and L (Right and Left).

Arm movement: Swinging both arms forward and backward alternately, R and L (like walking).

*variation can include R and L steps forward 4M (measures), in place 4M, move backward 4M, and in place 4M.

FIGURE 2: All done facing audience.

Feet movement: Starting with the R foot, take a stamp in front of the body and tapping the floor with the ball of the same foot. Repeat with the L side.

Arm movement: Sway arms in front (as if covering the body with one's wings) and opening it sideways, R and L alternately.

FIGURE 3: Partners face each other.

Feet movement: Using the ball of the R foot, step the foot once in place and let the other foot respond by stepping the whole L foot in place

Arm movement: Swing arms in front of the body, R and L alternately; with the R arm going up, palms up and the L arm going down.

FIGURE 4: All done facing front.

Feet movement: Small mincing steps, R and L alternately.

Arm movement: Big, flying action of the arms, done together.

FIGURE 5: Partners face each other.

Partner A goes to Partner B by making small steps (4M) forward and allows the handkerchief to gently touch the Partner B's R shoulders (while Partner B does R and L steps in place with both arms at the back); Partner A then moves backward to proper place (4M). Repeat two times and then the other partner does the same.

FIGURE 6: Repeat Figure 4 and exit.

Audio-Visual Resources:

Panay Bukidnon traditional dance: <https://www.youtube.com/watch?v=WaiOkTzFA5g>

Panay Bukidnon culture: https://www.youtube.com/watch?v=wRkrhTx4M_Q&t=1089s

Binanog chant and dance: https://www.youtube.com/watch?v=_VjiRNIOZyM

Adapted Binanog music: <https://www.youtube.com/watch?v=IMomBbN75S0>



HUE. In the photo are samples of the native costume or traditional fashion made by the Panay-Bukidnon community. Usually, red is the dominant color and the traditional embroidery, which is a marker of their craft, is called the panubok.



RESOUND. Some of the instruments used in the Binanog dance is the gong and other bamboo musical instruments; for community performances, the drum is sometimes used.

Sources:

Puljanan, Ryan. Faculty, West Visayas State University, Iloilo City, Philippines

<https://thedailyguardian.net/local-news/neo-panay-bukidnon/attachment/attachment-bbbxxx2/>

<http://primer.com.ph/tips-guides/2015/12/18/binanog-festival/>