

Dancing Baja California style! ¡Bailando al estilo Baja California!

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Calabaceados de Baja California are dances that originated in the city of La Misión, in the northern Mexican state of Baja California. These dances are lively and upbeat as dancers stomp, jump, and kick, imitating various animals that can be found on the ranches of Baja California. For example, dancers often mimic the kicking and bucking of cattle like horses and bulls. *Calabaceados*, also considered regional dances of México's most northern state, were first made popular by local cowgirls and cowboys who began to imitate the moves of the various animals they worked with. Cowgirls and cowboys began gathering on the weekends to show-off their dancing skills and to see who could "raise up the most dust" – a sure sign of an awesome dancer. *Calabaceados* are danced to the popular rhythms of Norteño music.

Suggested Grade Levels: Kinder, 1st-5th

Country of Origin: Mexico

Region: Baja California

Genre of Dance: Folk and Social Dance

Keywords: *Baja California*; *Calabaceados*; Mexican regional dance; *Norteño* music

In the videos showcased below, you will find examples of *calabaceados* being performed, as well as information on various other aspects of these regional dances.

***Calabaceados de Baja California* - video links:**

- Calabaceado infantil: <https://youtu.be/tQk5gJ4pvWo>
- Calabaceado el patito: <https://youtu.be/EvDi4mcsq7U>
- Raices de México calabaceado: <https://youtu.be/cgtizL8FJ80>
- Pasos básicos: <https://youtu.be/gtx7wnEqYyE>



Baja California, *Calabaceado* performance



Dancers performing *Calabaceado*. They wear jean pants or skirts, western style top, cowboy boots, cowboy hat, and a cowboy belt with buckle.



Map of Mexico