

Philipinne folk dances

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Philippine Folk Dances 1. SAYAW SA BANGKO This dance is native to the barrio of Pangasinan, Lingayen, Pangasinan, and demands skid from its performers who must dance on top of a bench roughly six inches wide. Performed on a top of a narrow bench. Dancers need good balance as they go through a series of movements that include some impressive acrobatic. COSTUMES : Men: camisa de chino with neckerchief around neck, trousers rolled up, Women: Patadyong: Both are without shoes nor socks. 2. PANDANGGO SA ILAW The word pandanggo comes from the Spanish dance “fandango” characterized with lively steps and clapping while following a varying $\frac{3}{4}$ beat. Pandanggo requires excellent balancing skill to maintain the stability of three tinggoy, or oil lamps, placed on head and at the back of each hand. This famous dance of grace and balance originated from Lubang Island, Mindoro COSTUME : Kimona at Saya 3. SUBLI From the province of Batangas comes the ancient dance, originally performed in veneration of the holy cross of Alitagtag, referred to in the vernacular as “ Mahal na Poong Santa Cruz”. The word subli is derived from two Tagalog words, subsub (stooped) and Bali (broken). Hence the men are stooped throughout the dance and appear to be lame and crooked, while the women dance with hats. the dancers are quite certain of the meaning behind different portions of the dance and the steps. 4. PANGALAY HA PATTONG Also called Vinta, this dance is named for the picturesque boat with colorful sails which glide across the Sulu Sea. Central to this dance are the Royal Couple who each balance atop a pair of swaying bamboo poles, simulating their ride aboard a vinta. 5. SINGKIL This dance takes its name from the bells worn on the ankles of the Muslim princess. Perhaps one of the oldest of timely Filipino dances,

the Singkil recounts the epic legend of the " Darangan" of the Maranao people of Mindanao. This epic, written sometime in the 14th century, tells the fateful story of Princess Gandingan, who was caught in the middle of a forest during an earthquake caused by the Diwatas, or fairies of the fores