

## BAILE NORTEÑO

Mexican dance for children. This dance is a type of polka from the northern Mexican state of Tamaulipas.

Music: Record: Peerless 1097, Side B, band 4 "Bailes Folkloricos de Mexico" 4/4 meter

Formation: Cpls in a circle, hands joined and outstretched to side, M-L and W-R shoulder twd ctr of circle.

Steps: Heel-Toe Step: Hop on R twice and do a heel toe in air, slightly off floor with L (cts 1-2). Hop on L twice (actually a leap and a hop) and do heel toe in the air with R (cts 3-4). Step-Hop: Step on R (ct 1), hop on R (ct 2), step on L (ct 3), hop on L (ct 4). Keep knees well turned out. One Step: A relaxed walking step done in Mexican style in sets of 4 steps, L-R-L-R or R-L-R-L.

Directions are written for M; W do same on opp ft unless otherwise noted.

Measures  
1-4

Pattern  
Introduction.

### FIG I (IN AND OUT OF CTR)

- Ct 4 Lift L leg with bent knee.  
1 Cpls do 3 slides twd ctr of circle beginning L (cts 1-3), extend R heel to R side (ct 4).  
2 Tap R toe to R side, R heel pointed up (ct 1), extend R heel to R side (cts 2-3), lift R leg with knee bent (ct 4).  
3 Do 3 slides away from ctr of circle beginning R (cts 1-3), extend L heel to L side (ct 4).  
4 Tap L toe to L side, L heel pointed up (ct 1), extend L heel to L side (cts 2-3), lift L leg with bent knee (ct 4).  
5-16 Repeat action of Fig I, meas 1-4, cpls continuing to move twd and away from ctr of circle.

### FIG II (W CIRCLES THE M)

- 1-8 M kneels on R knee and claps hands twice to each meas, once on cts 1-2, and once on cts 3-4. W circles M moving CW with 8 Heel-Toe Steps or 8 Step-Hops.  
9-16 Repeat action of Fig II, meas 1-8, with W circling M CCW.

### FIG III (M CIRCLES THE W)

- 1-8 The W assumes a sitting pos on the ground, sitting with L leg under body, R leg extended. L hand on ground for balance, and R hand moving skirt in time to music. M hooks thumbs in belt and circles W moving CW with 8 Heel-Toe Steps or 8 Step-Hop Steps.  
9-16 Repeat action of Fig III, meas 1-8, with M circling the W CCW.

### FIG IV (ONE STEP)

- 1-16 M gives R H to ptr and helps her rise from ground. Cpls join hands and stretch them out to sides. Cpls dance the One Step moving out and into the circle, M beginning fwd L and W bkwd R. At end of meas 16 cpls resume starting pos as in the beginning of dance and repeat from the beginning.

Presented by Al Pill

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