

# COLÁS

<u>Country:</u>	Veracruz, Mexico
<u>Record:</u>	Coro #CLP-797 (Name of album "Sones Veracruzanos"). The name of this dance is the nickname of Nicolás (a common name in Mexico, not connected with Christmas).
<u>Formation:</u>	Cpls side-by-side, at L of stage or if in hall, at M's place. L shoulders twd audience, or front of hall. M has hands at side, W hold skirt out.

Figure 1. Start with R ft. Cue words, heel-step, heel-step, heel-step, etc. Thus: Brush R heel lightly, step on R ft. Brush L heel lightly, step on L ft. Continue this way, alternating ft. These are very minute steps, you travel very slowly. Floor pattern: 8 heel-steps going fwd twd ctr, 8 to turn to face front, 8 in place facing front, 8 fwd, 8 to separate to go to home base, 8 to circle at home. If you have any music left over, stand in place doing same step facing ptr.

Figure 2. When singing starts: Bamba step: Cue words: heel-step, (pause), heel-step, (pause), heel-step, heel-step, heel-step. The step is similar to that of Figure 1. Brush R heel, step on R ft, slight pause, repeat with L ft, then do 3 heel-steps starting with R ft. Do two of these Bamba steps to ptr's place, two to turn there (1-1/2 turns), two to return to own place, and two to turn there.

Figure 3. Zapateado: Use step of Figure 1. Go around ptr (R shoulder to R shoulder) and return to place, do a small circle to L. This is a Figure 8 -- the top loop is bigger than the lower loop of the 8. Repeat. End up close to ctr, facing front.

Figure 4. Cue words: step, close, step-swing; step, close, step-swing. Thus: Step on R, close L ft to R ft, step on R again, and at the same time swing or kick L ft in front of R ft. Repeat same with L ft. These steps are very, very small. Floor pattern: make a medium-large circle starting away from ptr (W to the R, M to the L) 1-1/2 circle and end up at home base.

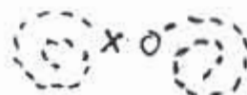


Figure 5. Bamba step (when singing starts) same as Figure 2.

Figure 6. Zapatedao: Heel-step, heel-step, heel-step, heel. Thus: starting with R ft, do 3 heel-steps, on the fourth one, hit floor with L heel, bring it up quickly with a sharp motion. Floor pattern same as Figure 3.

## COLÁS (continued)

Figure 7. (When singing starts:) Bamba step. Step used is same as Bamba step of Figure 2. Floor pattern: Go to ctr and around ptr (R shoulder to R shoulder). W turns extra 1/2 turn in place to also face front. She is to the R of M. It takes 4 Bamba steps to complete the above, 1/2 of this part of the music. Then do following step: Skip back on R ft, skip back on L ft, then do three heel-steps fwd (L,R,L). Repeat starting skip on L ft. Repeat all. End with two stamps fwd, L,R. During this last part the M has his R hand at the W's back. W is holding skirt out with both hands, or L hand holds skirt and R hand holds fan. Fan should be on ribbon, so she can drop it and hold skirt with both hands at times.

Presented by Alura Flores de Angeles