

I'm not a bot



5 basic steps of folk dance

Performing the exercise helps improve memory as it provides five different positions for you to practice and perform step by step. The document aims to study and understand the roles and meanings of folkdance in the indigenous Filipino context.Pangalay and Sua Sua Dance.pptxPangalay and Sua Sua Dance.pptxMartinGeraldineThe document summarizes two traditional dances from the southern Philippines - the Pangalay dance and the Sua Sua dance. BASIC DANCE STEPS IN FOLKDANCING 2. All rights reserved. They developed from daily life and events like harvests or the arrival of colonizers like the Spanish. Diagrams show the dance positions and steps taken in pairs or turning, with the dancers holding fans throughout.Fundamental positions of arms and feet in Folk DanceFundamental positions of arms and feet in Folk DanceSupreme Student GovernmentThis document describes 5 positions for dance or exercise. First, it serves as training for beginners. Knees are bent with the right step, and a small leap naturally occurs when the left foot is brought in. Each dance step is explained through written instructions and specific musical counts to help a dancer properly execute the movements.MAPEH 7 Physical education 1st QuarterMAPEH 7 Physical education 1st QuarterLyra Lyn ValmonteThe document discusses physical fitness and exercise programs. To summarize the steps, for the first position, your arms form a circle in front of your chest with an inch distance between the tip of your fingers, while your feet form a V-shape position. Some cultures incorporate an alternating hop, placing the weight on one foot and then the other. It describes 5 basic positions for feet, including heels together and toes apart at a 45 degree angle. Costumes and movements are used to portray activities like farming, fishing, and battle. It defines folk dance as the traditional dance of a given cuntry that evolved naturally from everyday activities like work and celebrations. Partners then walk in a circle, making a full rotation and ending in their original spots. Your feet should be parallel to each other while maintaining a distance of about 12 inches.Third PositionFor the third position, bring your foot's heel to touch the arch of your other foot, with both feet turned outward.Fourth PositionIn the fourth position, put your foot forward while the other foot still retains its position. In the Ilocos Region, important arts include the Spanish colonial architecture in Vigan, Inabel weaving techniques using traditional looms, and Burnay pottery jars. The terms are defined and some include the specific movement pattern and counting. If you have a particular ethnic background that has roots in folk dance, a cultural center or group in your area may help you learn dances specific to your heritage. Each dance has unique movements, costumes, props, and cultural significance within their respective local communities.Philippine folk dancePhilippine folk dancec Michelle libosanThis document summarizes traditional folk dances from the different regions of the Philippines. The dance likens the gentle leaves, fruits, fragrance, and slender body of the pomelo tree to that of a lady. PHILIPPINE FOLK DANCESPHILIPPINE FOLK DANCESRovee Anne PobleteThis document provides an overview of traditional folk dances from the different regions of the Philippines. It discusses two types of festival dances - religious festivals which honor religious figures, and secular festivals which celebrate local industries. The document serves as a reference for the vocabulary of folk dancing.Folk dances- Grade 7Folk dances- Grade 7Kaypian National High SchoolThis document provides an overview of traditional folk dances from the three main island groups of the Philippines - Luzon, Visayas, and Mindanao. Examples listed are basketball, softball, baseball, football and volleyball. It describes the costumes, music, and movements involved in performing the dances. It defines various folk dance steps like padyak, saludo, arms in lateral position, set, and bend. This movement repeats as the dancer travels across the floor. Common folk dance steps are defined, including close step, bleking, touch step and others. The document aims to showcase the variety of cultural expressions across the Philippines' regions through traditional folk dances.MAPEH- Grade 8, 2nd Quarter, TEAM SPORTS SKILLSMAPEH- Grade 8, 2nd Quarter, TEAM SPORTS SKILLSSamantha MendozaThis document discusses team sports and provides examples of baseball skills. The arm that was raised should be slightly curved as well.Image by Gaynor MindenFourth PositionIn the fourth position, the arm in the second position would be raised forward in front of your chest again, similar to how it was in the first position. Regional dances often tell stories through their choreography and costumes. Allemande Right - One arm is bent upward and partners' hands are pressed together. Background information on several injuries and appropriate first aid techniques is also provided.Sua ku suaSua ku suaLester PeraltaThis document provides information about the Sua ku Sua dance from Jolo, Sulu, Philippines. Benefits of exercise programs include improved cardiovascular health and reduced disease risk. It provides over 30 terms related to dance steps, directions, positions and movements. The second position has the arms raised sideways with a curve and feet astride sideways about a foot apart. Considered to be a traveling step, these are graceful side steps that get the dancer to a new position in the room. These are just a few of many basic folk dancing steps that are fun and easy to learn. While folk dancing varies throughout the world, there are a few fundamental steps that can be found in almost every dance and style. It describes several distinct dances from each region, highlighting their origins and cultural significance. The document recommends setting SMART goals that are specific, measurable, achievable, relevantSua ku-suaSua ku-suaAyessa AbanaThe Sua-Ku-Sua is a courtship dance originated by the Tausug people of Jolo, Sulu, Philippines. Festival dancesFestival dancesJoana BernasoThis document provides information about festival dances and folk dance steps in the Philippines. Some key aspects summarized include the ikat dyeing process used to create intricate patterns on abaca fabrics, importance of the malong skirt to Maranao culture, and wood carving and metalworking traditions of groups like the T'boli and Maranao that feature motifs inspired by local wildlife.Philippine Folk Dances with Asian Influence - MAPEH 8 (P.E. 4th Quarter)Philippine Folk Dances with Asian Influence - MAPEH 8 (P.E. 4th Quarter)Carlo LunaThe document discusses four Philippine folk dances with Asian influence: Binislakan, Sua-Ku-Sua, Pangalay, and Sakuting. Second, this technique is used in different kinds of dance genres such as ballet and folk dance. 1 st position Feet: ... This document provides information on basic steps and terminology used in folk dancing. Each dance type is influenced by the culture and reflects important aspects of life like harvests, rituals, and traditions. Key baseball skills discussed include throwing, pitching, catching, batting and base running. The basic movements mimic rowing a boat, as the people of Jolo were both farmers and seafarers known for pomelo fruits. It also outlines basic locomotor movements like walking, running and jumping used in dances. © 2025 LoveToKnow Media. While in this 'leap,' the right foot is brought out again. The text explains that two dancers start with poles on their left sides and take steps to the right side of the poles. Examples of specific festivals from different regions are listed along with their origin place and month of celebration. Of course, this step can also start with the left foot to reverse direction. Some famous Philippine festivals include Sinulog, Dinagyang, Ati-atihan, and Aliwan Fiesta. Connected, they pivot clockwise so they resemble a rotating basket shape. The 1st position involves raising the arms in a circle in front of the chest with the heels close and toes apart. Third, it's an activity suitable for any age, as it doesn't require too much energy, and it's simple to perform after some practice.The five basic positions consist of the first position, second position, third position, fourth position, and fifth position. Mountain Province is known for burial cloths and various indigenous textile traditions among different ethnic groups.Arts andcrafts 7 q3Arts andcrafts 7 q3Kiko100910The document provides an overview of the diverse ethnic groups and cultures found in Mindanao, the southernmost major island of the Philippines. It describes dances from Luzon like the Idaw, Banga, and Idudu; dances from the Visayas like Tinikling, Subli, and Maglalatik; and dances from Mindanao like Singkil, Kini Kini, and Pangalay. For those of you who don't know what it is, it's a technique almost always taught in dancing that involves mainly the arms and feet. The Kalinga are known for their textiles featuring various cultural patterns, basket weaving, wood carving, and tattooing traditions. The dances depict various aspects of Filipino culture like hunting rituals, fetching water, gender roles, courtship, and legends. You can also chassé in a circle; often it starts with the dancer stepping to the right, and then immediately bringing the left foot in to meet the right. Philippine folk dances are classified into 5 groups: Cordillera dances from mountain tribes, Spanish-influenced dances, Muslim dances, tribal dances of ethnic minorities, and rural dances depicting peasant life. Popular folk dances include the Tinikling, which mimics birds hopping between bamboo poles; the Pandanggo sa lawa, a graceful dance balancing oil lamps; and the Itik-Itik, a mimetic dance imitating duck movements in rice paddies. For the second position, both your arms and feet open sideward. The Sua Sua dance comes from Jolo, Sulu and gets its name from a small orange plant. It provides examples of folk songs from different ethnic groups in Luzon, including the Ilocano song "Pamulinawen", the Kapampangan song "Atin Cu Pung Singsing", the Tagalog song "Bahay Kubo", and the Bicolano song "Sarung Banggi". The 2nd position has the arms open. ... There are five fundamental or basic positions in dance that are commonly termed as 1 st position, 2nd position, 3rd position, 4th position, and 5th position of the feet and arms. Dance Steps Time Signature Step Pattern Pivot turn ¾ Step, ball and turn, step, ball and turn and so on Skip ¾ Step and hop Gallop ¾ Step and cut Slide ¾ or ¾ Slide, close 3. After practicing both, you can then perform the steps for both the arms and feet together.Feet PositionsFor the first position, form a V-shape with your feet by bringing your heels together to touch while keeping your toes away from each other.Second PositionFor the second position, move one foot sideward. By: Kristel ChuaFor every student who has had dancing for PE before, you would have at least heard of the five fundamental positions of the arms and feet. They celebrate both religious icons and industries like fishing, farming, and weaving.physical education grade 7 quarter 3Physical education grade 7 quarter 3DanRosaThis document provides instructions for fundamental positions and figures for physical education lessons and the Tinikling folk dance. Next, I would be discussing how to achieve the arm positions. 100%(1)100% found this document useful (1 vote)630 views17 pagesThe document outlines the 5 fundamental steps of folk dance, describing the arm and leg positions for each step. In the United States and Europe, English folk dancing is a popular form. It is a ceremonial worship dance performed in homage to the Holy Cross referred to in the vernacular as Mahal Na Poong Santa Cruz.Physical Education Grade 7 K-12 Folk dance 4th qtrPhysical Education Grade 7 K-12 Folk dance 4th qtrElmer LlamesFolk dances in the Philippines reflect the country's history and traditions. It's important to remember that you shouldn't be too tense when performing these exercises. The Pangalay dance originated in Zamboanga del Sur and emphasizes shoulder movements and waving of the arms. Whatever your reason for learning, folk dancing is a fun form of movement that involves dancers from all ages and backgrounds. Costumes also vary between groups and help showcase cultural identities and traditions.MAPEH 7 : ARTS (First Quarter)MAPEH 7 : ARTS (First Quarter)Jo Anne Buenafe-MillidasThe document summarizes some of the traditional arts and crafts of the Ilocos Region, Cordillera Administrative Region (CAR), and surrounding areas of Luzon in the Philippines. The arm that is lifted above your head will still maintain its position.Fifth PositionFor the fifth position, both arms should be lifted above your head, slightly curving. It also provides diagrams and steps for 8 figures of the Tinikling dance performed with bamboo poles. The Ifugao are renowned for their bulul rice granary sculptures and lingling-a amulets. Elements of movement in dance are described such as rhythm, level, range, floor pattern and direction.MUSIC 7 1ST QUARTER LESSON 1- music of luzon lowlands folk musicMUSIC 7 1ST QUARTER LESSON 1- music of luzon lowlands folk musicElaine MaspinasThe document discusses music of Luzon, specifically folk songs from the lowlands. Chassés are especially illustrious when there are many dancers on the floor at once. Dance Steps Time Signature Step Pattern Bleking ¾ Heel-place, close Change step ¾ Step, close, step Mincing ¾ Step, step, step and so on (tiny steps) Stamping ¾ or ¾ Stamp (R) and close to supporting foot (L) PHILIPPINE FOLK DANCESPHILIPPINE FOLK DANCESRovee Anne PobleteThis document provides an overview of traditional folk dances from the different regions of the Philippines. Alternating stepping and hopping, a dancer typically follows a pattern similar to this: Step with L foot Step with R foot Step with L foot Hop with L foot Hop with L foot Step with R foot Hop with R foot Repeat as desired The Schottische can be used as a traveling step, or in a circle. It defines team sports as activities where groups work together to achieve a common goal. Since I was in the first grade, the five fundamental positions of the arms and feet were always taught to us in the first term. The posture is similar to that of the first position but raised above the head instead.Image by Gaynor MindenAfter practicing each separately, you can now try to perform both the arms and feet positions simultaneously. The distance between the two feet should be about 12 inches.Fifth PositionIn the fifth position, bring the heel of the foot in front to touch the toe of the other. It then gives a 5 question formative assessment to test comprehension.Movements in Folk DancingMovements in Folk DancingMAILYNVIDORIFolk dance reflects the traditional life of a certain country or region. The document describes several traditional Filipino folk dances and their characteristic movements. I never really thought it was helpful, but when I think about it now, it helped me practice many aspects of dancing, such as timing, flexibility, and more!There are many reasons to learn this. It is a courtship dance accompanied by song, though the movements have been modified over time. Festivals unite communities and boost local economies through tourism. Baseball is then described as a game with two teams of nine players batting and fielding. For the third position, one arm is raised upward while the heel of one foot touches the arch of the other. Traditional costumes and musical instruments accompany many of the folk dances that remain an important part of celebrations and festivals across the Philippines.SubliSubliAngelly Subli is a folkdance in the Philippines which is considered to be a favorite of the people of the barrios of the municipality of Bauan, Batangas. It identifies 12 main functions: religious/devotional, ritual/ceremonial, social dance, mimetic dance, occupational dance, entertainment dance, courtship dance, combative/war dance, festival dance, comic dance. It discusses the dance's origins in Muslim culture and symbolism of the pomelo tree. While most basic steps in folk dance can be identified in other dance genres as well, the Schottische is unique to folk dancing alone. It discusses the traditional attire, textiles, crafts, architecture, and sculptures of several Mindanao groups including the B'laan, Bagobo, T'boli, Maranao, and Yakan. It includes an introduction to the topic, pre-assessments on physical fitness and readiness, learning competencies, and an instructional activity on applying first aid to common sports injuries. Both dances are commonly performed at social gatherings and celebrations in their respective regions.Different Terminologies in Folk DancingDifferent Terminologies in Folk DancingRia AlajarThis document defines various terminologies used in folk dancing. The dance movements and costumes show Chinese cultural influences from the region.Physical Education (P.E.) Grade 9 Module (1st - 4th Quarter)Physical Education (P.E.) Grade 9 Module (1st - 4th Quarter)Iqis WattpadThis document provides an overview of a physical education module on sports officiating. The 1st position involves raising the arms in front of the chest with heels c... Download as pdf or txtSaveSave 5 Fundamental Steps in Folk Dance For Later100%100% found this document useful, undefined 1. It honors the pomelo tree, which is an important source of livelihood for the Tausug. Grip is also mentioned briefly.An introduction to Philippine Festival Dances (Religious and Secular Festival...An introduction to Philippine Festival Dances (Religious and Secular Festival...Jewel JemAn introduction to Philippine Festival Dances, meaning, nature and background Why Filipinos Dance Festival Dances and what benefits do we get from doing it? The third position has one arm raised sideways and the other upward, with one heel close to the instep of the other foot.FUNCTIONS OF DANCEFUNCTIONS OF DANCEKaypian National High SchoolThe document discusses the various functions of folkdance in Filipino culture. In some dances, many of the techniques used would utilize the five basic positions. The activity involves students simulating injuries and treating each other, with a focus on sprains, strains, heat exhaustion and fractures. It provides details on the meaning and origin of each dance, including the countries that influenced them. The steps include bringing the heels close together and apart in a circle, opening the arms sideward below shoulder level, raising one arm overhead while the other remains in a second position, raising one arm in front of the chest while the other remains overhead, and raising both arms overhead in a graceful curve. These include the kumintang where partners stand side by side with locked elbows, the abrase where dancers raise their arms gracefully from side to side, and the bilao where partners pass each other while moving backward without turning around. Couples perform the dance swaying two white fans to represent pomelo tree leaves, singing with faces covered in rice powder. It describes several iconic dances from Luzon, the Visayas, and Mindanao that developed from ancient rituals and traditions. These include fundamental steps like bow, brush, clockwise, counterclockwise as well as dance steps for different time signatures like 2/4, 3/4 and 4/4 time. First, I will be discussing how to perform the feet positions of the five fundamental positions. The document also outlines various components of health-related and skill-related fitness. Hopping is also used to bring skill and pageantry to other steps that can also be done without leaving the ground. It defines an exercise program as a planned set of physical exercises tailored to individual needs. Basket - Involving up to eight dancers, men place their arms around the women's backs, while the ladies rest their hands on the men's shoulders. Many steps are ones you have likely seen before, while others may seem unique and challenging upon first attempt. The dances originated from different regions in the Philippines and were influenced by countries like China, Malaysia, Indonesia, and others.2nd quarter lesson1 art-7-mimaropa2nd quarter lesson1 art-7-mimaropaNoneThe document summarizes information about the MIMAROPA region of the Philippines, which consists of Mindoro, Marinduque, Romblon, and Palawan provinces. Your hands should be aligned in front of your chest with both arms slightly curved, and your fingertips should be at least 1 inch apart.Image by Gaynor MindenSecond PositionFor the second position, open your arms sideward at shoulder level.Image by Gaynor MindenThird PositionOne arm is raised above your head, while the other arm maintains the second position. Many people enjoy learning basic steps in folk dance in order to participate in either a social or religious tradition, or sometimes just to get some exercise. Throwing is identified as the most basic skill, allowing teams to prevent opponents from advancing. It also helps practice timing and coordination in dance. It also has some very novice dance steps that can be learned simply by reading short written descriptions. The final dance described is the saludo where partners bow to each other, the audience, or opposite dancers to open or close a dance.Phil folk dance pptPhil folk dance pptMaria Carmela LabindaoThis document discusses Philippine folk dances. It is usually used in celebratory folk dances, or in routines involving children. There are three aspects of physical fitness: ability to perform daily tasks, enjoy leisure activities, and meet emergencies. Both feet should still be pointing outward.Arms PositionsFor the first position, raise your arms into a circle in front of your chest. The dances often depict daily life or reflect the influence of Spanish colonization. Each step also provides instructions for foot placement and movement.The document outlines the 5 fundamental steps of folk dance, describing the arm and leg positions for each step. If you are interested in learning folk dance, check out your local recreation center or dance studio. Thank you for reading! I hope you were able to understand the information given and execute the steps well. The 3rd position raises one arm overhead while the other remains in the 2nd position, with one heel touching the other foot's instep.Folk dance demoFolk dance demoBryan LedesmaThis document provides instructions for the basic steps of the Philippine folk dance Tinikling. Lastly, for the fifth position, both arms are raised upward, and the heel of the same foot will go back to touch the toe of the other foot. Others involve repetitive hopping, either in place or as a traveling movement. For the fourth position, the other arm is brought to the front, and the foot moved is also brought to the front. Contains some Festival names, Origin places, religious Figures and/or industry and Month Celebrated Some Famous Religious Festivals > Sinulog Festival > Dinagyang Festival > Ati-Athian Festival Some Secular Festivals > Bangus Festival > Panagbenga Festival > Binatatan DestivalFestival dancesFestival dancescheTohotoFestival dances are cultural dances performed by communities to celebrate important events like harvests or religious figures. It provides details about the native groups and cultures of each province, including the Hanunuo-Mangyan and Iraya-Mangyan peoples of Mindoro, the Moriones Festival celebrated in Marinduque, Romblon's fine marble handicrafts, and cultural items originating from Palawan like the Tingkok basket and Manungung Jar.Basic step-of-folkdanceBasic step-of-folkdanceJoey Bojo BolinasThis document provides descriptions and instructions for various Philippine folk dances steps, including the Bacut Step, Bleking Step, Close Step, Cross Step, Cut Step, Engaho, Espunti Step, Galop Step, Glide Step, Hop-Step, Kuradang Step, Mazurka Step, Mincing Step, Papuri Step, Paso Español, Polka Step Series, Schottische, Slide Step, Skip Step, Spanish Draw, Step-Brush-Swing-Hop, and Step-Hop. The 2nd position has the arms opening to the sides below shoulder level with the feet apart sideways. It lists the first position as having the arms raised forward with fingertips apart and feet with heels together and toes apart at a 45 degree angle. The 1st position involves raising the arms in front of the chest with heels close and toes apart. Chassés are found in ballet and jazz dance, and are also often used in folk dance. With some cultures incorporating vividly colored costuming, it becomes a graceful showcase of movement and celebration. When designing an exercise program, points to consider include setting goals, monitoring heart rate, applying training principles, planning sessions, and tracking progress in an exercise log. Each function is defined and examples of specific folkdances that fulfill each function are provided. To help you execute this, I will teach you and guide you on how to perform these five basic positions. These dances tell stories through their movements and represent cultural aspects like courtship, harvests, and nature. They portray the people's culture through costumes, movements, and instruments. Each step also provides instructions for foot placement and movement. Folk dances remain an important part of Philippine culture and a way to preserve historical customs.C 1 lesson 1C 1 lesson 1Selected Foreign Folk Dances in Asia, Europe and AmericaThe document discusses the five fundamental dance positions of the arms and feet. Perhaps one of the most basic and energetic moves of folk dance, hopping steps are often used in choreography. It defines physical fitness as the body's ability to function effectively without undue fatigue. Cross Over - Walk past your partner's right shoulder, so you "cross" them, and then rotate and repeat to face each other again.

- http://avarrio.cz/images/fck_images/file/70680682668.pdf
- xulake
- <https://house-well.com/home/housewel/images/ckfinder/files/20250410202903.pdf>
- affect vs effect worksheets
- what is phenomenological research design pdf
- how to translate swahili to english