

APAT-APAT

Philippine

PRONUNCIATION: AH-paht-AH-paht

TRANSLATION: Four-by-four

SOURCE: Dick Oakes learned this dance from Francisca Reyes Aquino who introduced Apat-Apat to folk dancers in the United States at the 1961 Santa Barbara Folk Dance Conference. Detailed instructions are found in her *Handbook of Phillipine Folk Dances*. Its location in the Pacific Ring of Fire and its tropical climate make the Philippines prone to earthquakes and typhoons but have also endowed the country with natural resources and made it one of the richest areas of biodiversity in the world. An archipelago comprising 7,107 islands, the Philippines is categorized broadly into three main geographical divisions: Luzon, Visayas, and Mindanao. Its capital city is Manila.

BACKGROUND: Dr. Aquino, the most prominent dance researcher in the Philippines, choreographed this dance using authentic Philippine music after noting the popularity of progressive dances in the United States.

MUSIC: Mico (45rpm) Mx 120 "Planting Rice;"
Folk Dancer (45rpm) MH 2031
Mico (45rpm) 120

FORMATION: Cpls in a cir facing R in LOD, W to R of M with inside hands joined and held at shldr height in "W" pos, free hands at sides.

METER/RHYTHM: 2/4

STEPS/STYLE: Style is easy and flowing with no jerky or abrupt movements.

MEAS

MOVEMENT DESCRIPTION

INTRODUCTION

1-7 No action.

THE DANCE

1-2 Beg R for both M and W, walk 4 steps CCW around dance area;
3-4 Releasing hands, turn individually 1/2 CW and, joining other hands at shldr height with elbows bent in "W" pos, walk 4 steps CW around the dance area;

5-6 Releasing hands and turning to face ptr, walk 4 steps bwd away from each other;
7-8 Walk 4 steps fwd twd ptr;

- 9-10 Facing R so that L shldr is adjacent with ptr, walk 4 steps fwd (M CW and W CCW) around the dance area;
- 11-12 Without turning, each dancer walk 4 steps bwd to end next to ptr with L shldr adjacent again;
- 13-14 Facing ptr and joining R hands at shldr height with elbows bent, walk 4 steps CW once around ptr;
- 15-16 Releasing R hands, W walk 4 steps, turning CW in place, as M walk 4 steps CCW around dance area to next W.

Repeat entire dance from beg.