MAGLANGKA: Philippine Folk Dance

Ref.: Saiaopinoi wrote

Tausug dancers are trained by highly-skilled dance trainors that strictly adhere to traditional style of their dances. The Maglangka (means 'to dance') rehearses young [girls] trainees to the correct posturing or hand movements and placements which are in turn very basic in learning more elaborate Tausug dances like the Pangalay. The Maglangka, though a precursor to the nuances of popular Tausug dances is however, a dance in itself. The maglangka 'practice' is made more difficult and challenging when performed in the confines of a large square scarf, colorful reed mats or Arabian carpets when affordable. The dancers execute all motions of the dance without getting off the scarf.

Modern versions of the maglangka have, however, treated the scarf simply as a prop or a decoration. Dancers simply go wherever the like.

The version in this video is from a Tausug informant named Datu Mama Sinsuat , the late Ramon Obusan found in Intramuros, Manila in 1965. The ROFG popularized the version that was later, published by the Philippine Folk Dance Society (PFDS) authored dance book "SAYAW: Dances of the Philippine Islands" Volume 6.

MAGLANGKA
(Tausug)

ENTRANCE
a. Execute eight mincing steps (1, ah, and , ah, 2, ah, and, ah) to each measure, knee bending slightly on ct 1 rising on toes on ct 2 of every measure. Finish at desire formation at the center of the performance area.....[8M]
b. Repeat (a) in place.....[8M]
c. Point R foot in front, bend trunk forward and spread the handkerchief on the floor in front.....[4M]
d. Straighten trunk and place hands on hips, fingers pointing downward and pause.....[4M]
FIGURE I

a. With the R foot pointed in front, bend trunk forward, extend both arms forward, both palms up. Gradually bring the arms to the sides while the body straightens up.....[2M]
b. Circle both hands sideward-upward making a figure-of-eight at the hip level (1m). Bring both arms together in front of chest, fingers pointing upward (1M)....[2M]
c. Step R backward and point L foot in front. Repeat movements of arms and hands in (a) and (b)....[4M]
d. Step R foot forward, sway R arms backward-upward (ct 1), step L foot forward, both arms forward, palms facing front, fingertips up (ct 2)....[1 M]
e. Kneel on R close L (ct 1), kneel on L (ct 2), arms as in (d)....[1M]
f. Sit on heels (1 M). Place both hands on the lap close to the hips (1M)....[2M]

FIGURE II

a. With hands on the lap, push R shoulder sideward, trunk leaning slightly sideward R at the push.....[1 M]
b. Repat (a) to the L.....[1M]
c. Repeat (a and b) three times more.....[6M]

FIGURE III

a. Bend trunk forward, forearms crossed in front, R over L, palms of both hands facing up (ct 1), bring both arms to the sides and straighten trunk (cts 2, 1, 2)....[2M]
b. At hip level, circle hand inward and bring L hand to the R side. Finish with the knuckles of both hands touching, R hip slightly protruding.....[2M]
c. Pull the wrist upward so that the palms face up and the thumbs and forefingers point up, the other fingers are spread out.....[1 M]
d. With the wrist leading, put the knuckles together, thumbs and forefingers as in (c)....[1M]
e. Repeat (c) and (d).....[2M]