Pangalay (also known as Daling-Daling)

in is the traditional “fingernail” dance of the Tausūg people of the Sulu Archipelago and Sabah. This dance is the most distinctively Asian of all the Southern Philippine dances because dancers must have dexterity and flexibility of the shoulders, elbows, and wrists – movements that strongly resemble those of “kontaw silat,” a martial art common in the Malay Archipelago. The Pangalay is performed mainly during weddings or other festive events. The male equivalent of the Pangalay is the Pangasik and features more martial movements, while a pangalay that features both a male and female dancer is called Pangiluk.

The dancer uses janggay or ornamented metal nails to enhance the graceful hand movements accentuated by the shoulder and sensuous hip movements. It is an indigenous Philippine folk dance that predates the coming of Christianity and Islam. Traditionally, there is no set choreographed movements in pangalay. It is important to note that the faster the kulintangan music the SLOWER the movements of the hands and footwork. Contrary to popular belief, there is no such thing as a "janggay" dance found among the Tausugs and Sama Dilaut (bajau). Ramon Obusan created the dance based on his research of dances from the Sulu Archipelago. Pangalay is a classical dance that is part of the Philippines Southeast Asian heritage.

Pangalay is a popular festival dance in Sulu. It is performed in wedding celebrations and at big social affairs. Wedding celebrations among the rich families in Sulu are lavishly observed. They may last for several days or even weeks depending on the financial status and agreement of both families. Well known dancers perform dance while others feast. Expert dancers use janggay, extended metal finger nails made of gold or silver.

Neighboring peoples call this type of dance, Umaral or Igal Igal, and they sometimes use bamboo castanets as substitutes for long fingernails
