



La Golondrina

[La Golondrina Song link](#)

“La Golondrina”

by Sonia De Los Santos;
De Los Santos Music ASCAP

In English, we know golondrinas under the name of swallows. The swallow is known as ‘the bird of freedom’ and it is also referred to as a “migrant bird”. One of its characteristics is that it cannot stay captive, so it flies from one country to another to be at a nice temperature, moving north as the spring turns into summer, and south as autumn gets closer to winter. By instinct, the swallow traces its way over long distances, and yet at the next season returning to the spot where it came from. How do they do this? Well, it is thought that its body uses the earth’s magnetic field to guide it! Swallows have been observed to leave their country on their migration, and to return in the following year to the identical nest from where they started.

Activity 1: The Zapateado - A percussive dance

Now that you’ve heard the song a few more times, can you tell if dance is used as a musical instrument? -Yes! The song has a dancer who’s feet are on top of a “**tarima**” (raised wooden platform) producing a percussive accompaniment to the instrumental parts of the song. When the singers are singing, the dancer typically does a softer dance so it doesn’t cover the voices, but when they stop singing, the dancers take the spotlight!

Here’s how you can dance to this song and many others in this style. The rhythm is commonly taught as “**café con pan**” (coffee with bread). The sound that “**café con pan**” makes when you say it, will help you learn the way to move your feet with the music. Since the word “café” has two syllables you need to stomp your foot twice. “con” and “pan” have only one syllable, so when you say those words you have to stomp your foot only once. We’ll start with the left foot doing LL/R/L and quickly changing to start with the right one, doing RR/L/R and on, and on, and on. Use the chart below to guide your feet!

Café	con	pan	Café	con	pan
LL	R	L	RR	L	R

Here’s a video that shows a dancer doing this pattern slowly, then at a faster pace. Notice how she first teaches the rhythm clapping only and later, try to follow her steps.

[Café con pan - dance lesson link](#)

Once you have the “**café con pan**” rhythm under your belt, watch this video to see how to incorporate your arms into the dance. This will typically happen during the chorus of the song when the bird starts flying! [Café con pan \(with flying arms\) - dance lesson link](#)