DUNÁNTÚLI DUS (DOO-nahn-too-lee DOOSH)
(Hungary - Northwest Dunantul)

Solo dance for one man.

Translation: Dus (M dance in march form) from the Dunántúl (Transdanubia) region.

Record: Folkraft LP-37, side A, band 1. 2/4 meter.

Formation: Individual M scattered anywhere, ARMS ARE HELD OUTSTRETCHED BUT RELAXED AT ABOUT SHLDR HEIGHT. ARMS MOVE FREELY TO BALANCE THE BODY MOVEMENT IN THE DANCE.

Starting Pos: R ft free.

Steps: PONTOZOÓ CIFRA STEP (R): Leap onto R (ct 1), step L next to R (ct ah), start to raise R leg fwd, fairly straight (ct &), leap sdwd R onto R, at same time raise L leg fwd, knee straight (ct 2).

Meas   Pattern

PART I (Music A)

1-16   Leap sdwd R on R ft and bend L knee slightly (ct 1).
        Hop on R ft (ct &).
        A small step sdwd L on L ft with a stamp (ct 2).
        Raise R leg fwd low with knee straight (ct &): and ...
        repeat 15 more times 16 times in all).

PART II (Music B)

17-18   Jump on both ft together (ct 1).
        Jump on both ft together (ct 2).
        Jump on both ft together with a stamp and bend knees, and
        turn L about 1/8 (ct 3), pause (ct 4).
19-20   Repeat meas 17-18 except turn R about 1/4.
21-28   Repeat meas 17-20 to more times (3 in all).

VARIATIONS FOR MUSIC A

        Variation A₁
1-16   Do Pontozoó Cifra Step R and L eight times.

        Variation A₂
1-16   Wt on L, jump to R side landing on both ft and clicking
        heels (ct 1), raise R leg (ct &), do a scissors-kick landing
        on R and raising L leg (ct 2). Do 16 times in all.

        Variation A₃
1-16   Cifra Step (R) but on ct 1 also raise bent L leg sdwd and slap
        outside of L ankle with L hd. Done 16 times alternating
        R and L.

        Variation A₄
1-16   Same as Var A₃ but clap on each ct & before ct 1. On each
        Cifra (L) turn once CCW.

                                                  Continued...

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DUNÁNTÚLI DUS (continued)

VARIATION FOR MUSIC B

17-22 ♩ Leap sdwd R on R ft and clap palms together (ct 1).
      ♩ Raise L leg and lean fwd slightly to slap L palm on inside
         L calf (ct 2).
      ♩ Leap sdwd L on L ft and clap palms together (ct 3).
      ♩ Raise R leg and lean fwd slightly to slap R palm on inside R
         calf (ct 4): and ... repeat twice (3 times in all).

Presented by Dr. Csaba Pálfi

Suggested sequence for dance

A	B		A	B
A_1	B_1		A_3	B_1
A	B		A	B
A_2	B_1		A_4	B_1