

Palóc Táncok

Hungary

Palóc Táncok (PAW-lohts TAHNTS-ohk) is a couples dance from the village of Kartal in the Palóc region of Hungary. It was introduced by István "Kovacs" Szabó at the 1994 Stockton Folk Dance Camp.

Cassette: Hungarian Folkdancing, Szabó 1994/01 "Dance from Kartal" Side A/4 2/4 meter

Formation: Couples scattered around the floor, shoulder/shoulder-blade position.

Styling: This dance sequence was arranged by Szabó to fit this music. Traditionally these and similar figures are danced by each couple in a sequence chosen by the man.

Measures	2/4 meter	Pattern
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9+ meas INTRODUCTION. Dance begins with vocal.

I. SINGLE CSARDAS AND TURNS

- 1-4 Ptrs dance eight single csardas steps sdwd: both step on R slightly to R, turning shldrs and hips slightly CCW (ct 1); close L to R, no wt (ct &); repeat with opp ftwk and direction (cts 2,&).
- 5-8 Both step on R slightly to R, turning shldrs and hips slightly CCW (ct 1); close L to R taking wt and turning shldrs and hips CW (ct &); repeat seven times, rotating as a couple once CCW.
- 9-10 Ptrs separate, stepping back diag R on R (ct 1); bring L near R (ct &); repeat with opp ftwk and direction (cts 2,&). W's arms are in high W-pos with palms fwd; M's arms are raised even higher. Repeat sequence (cts 1,&,2,&).
- 11-12 Walk four steps, R, L, R, L, completing one CW circle and ending with ptrs in shldr/shldr-blade pos (cts 1,2,1,2). Man claps once on meas 11, ct 1.
- 13-24 Repeat meas 1-12.

II. RIDAS AND CROSSES

- 1-2 Dance four rida steps, rotating CW approximately 1 1/2 times. Rida step: In shldr/shldr-blade pos with R shldrs opp, each steps onto full R in front of L and up onto ball of L (cts 1,&).
- 3 Moving CW, step on R (ct 1); swing L around as body turns to face ptr squarely (ct &); step on L, parallel to R, shldr width apart, taking wt on both with a deep knee bend (ct 2); transfer wt to R, which chugs bkwd slightly as L lifts slightly off floor (ct &).
- 4 Step on L across in front of R (ct 1); facing ptr, step on R parallel to L, shldr width apart, with a deep knee bend on both legs (ct 2); turning slightly L in anticipation of CW movement, step onto ball of L ft (ct &).
- 5-8 Repeat meas 1-4. On last "&" ct transfer wt to L with a slight chug back, as R lifts slightly off floor.
- 9 Step on R across in front of L (ct 1); step on L parallel to R, shldr width apart, sharing wt in deep knee bend (ct 2).
- 10 Two deep knee bends, straightening the knees on the "&" cts (cts 1,&,2,&).
- 11-12 Repeat meas 9-10 with opp ftwk and direction. M lift R ft (W,L) on last "&" ct.

III. SIDEWAYS TRAVELING AND RIDAS

- 1 Facing ptr with ft parallel and about 3-in apart, bring MR (WL) to floor and bend knees (ct 1); straighten knees, lifting MR (WL) ft slightly off floor (ct &); moving to MR (WL) place wt on both ft, parallel and shldr width apart (ct 2); M replace R with L with a slight leap (W opp ftwk) (ct &).
- 2 M step on R to R (ct 1); M step on L next to R (ct &); M step on R to R (ct 2). W opp (cts 1,&,2)
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5-12 Repeat meas 1-4 twice. The total is six sets of sideways steps.
- 13-24 Repeat Figure II (RIDAS AND CROSSES).

IV. SIDEWAYS TRAVELING, RIDAS, AND THROW

- 1-8 Repeat Figure III, meas 1-8 for a total of four sets of sideways steps.
- 9-11 Beginning R ft, dance six rida steps rotating CW about 1 1/2 times.
- 12 Turning to face ptr with W ft together, both bend knees with wt on both ft (ct 1). W jumps back away from ptr, M lifting her from shldr blades and throwing her back away from him (ct &). W land on both ft with arms in high W-pos, palms facing fwd (ct 2).

V. SOLO

- 1-3 Back away from ptr with six walking steps, starting R. Arms are in high W-pos.
- 4-6 Facing ptr and moving slightly fwd with arms down, dance six bokazos with alternating ftwk. Bokazo: Step on ball of R, rotating slightly CCW and bending knees (ct 1); click L heel to R heel, straightening knees (ct &); repeat with opp ftwk (cts 2,&).
- 7-8 1-2-3s: Step on R in place as knees bend and L knee is raised about 45 degrees in front (ct 1); step on L next to R (ct &); step on R next to L (ct uh); repeat with opp ftwk (cts 2,&,uh). Repeat with alternating ftwk for a total of four times.
- 9 With wt on both ft, parallel and shldr width apart, bend, straighten, bend knees (cts 1,&,2).
- 10-12 Chugging on ML(WR), bring free leg around in front (ct &); step on MR (WL) across in front (ct 1); repeat with opp ftwk (cts &,2). Moving toward ptr with alternating ftwk, repeat for a total of six times. On approximately the fourth step join hands down with ptr (R with L).

VI. COUPLE FINALE

- 1-3 Raise free leg (MR, WL) across in front, M turning slightly to L (W opp) (ct &); moving as a couple to ML, step across in front on MR(WL) (ct 1); M step to L (W opp) on ball of ft (ct &); repeat for a total of six times.
- 4-6 Repeat meas 1-3 with opp ftwk and direction.
- 7-9 W step on L, M chug slightly back on L, each bringing R around to front (ct &); step on R, crossing in front of L (ct 1); step on L, parallel to R and shldr width apart, with knee bend (ct 2); straighten knees (ct &); bend knees (ct 1); each repeat M steps with opp ftwk (cts &,2,1,&,2).
- 10-11 In shldr/shldr-blade pos and starting R ft, dance four rida steps turning CW.
- 12 Repeat Figure IV, meas 12.