

PALÓC TÁNCOK--DANCE FROM PALÓC REGION (Hungary)

FORMATION: Couples, shoulder-shoulderblade position, anywhere on the dance floor.

METER: 2/4

COUNTS	DESCRIPTION
PART A	
1-8	8 "single csárdás steps", M and W step onto R slightly to the side, close L to R taking no wt. (cts. 1 and). When stepping to the rt. the shoulders and hips turn slightly to the rt. Reverse ftwk and repeat 6 more times.
1-8	M and W step on R slightly to the side, close L to R, taking wt. (cts. 1 and). When stepping on the R, the shoulders and hips turn slightly R. When taking wt. onto the L (ct. and), reverse the direction of the shoulders and hips. Repeat this step 8 times total. This will rotate the couple one complete rotation CCW.
1-2	M and W step L, back and diagonally away from partner, close L to R taking no wt. (cts. 1 and). Repeat, opp. ftwk. (cts. 2 and). Woman's arms go to a high W position with the palms facing away from the body during this movement. Man's arms go to an even higher W position during this step.
3-6	M and W take 4 walking steps starting with the R and use the 4 steps to complete one circle CW to face partner again, about 3 to 4 feet apart. W's arms stay in high W position with palms fwd. Men clap once on ct. 3, then return arms to high W for cts. 4-6.
7-8	M and W step R moving diagonally fwd twds. partner, close L to R, taking no wt. (cts. 7 and). Repeat with opp. ftwk. (cts. 8 and). M and W return arms to closed partner position on cts. 8 and).
Part B	
1-4	4 "rida" turns. W moves slightly to the M's rt. side. M and W step on the full R foot, then up onto the ball of the L (cts. 1 and). Rida turns will rotate couple CW about 1 and a half rotations.
5-6	M and W step R, moving same direction as the rida turn (ct. 5) L leg swings around (ct. and) as the body turns square to partner. L steps into position parallel to R, shoulder-width apart (ct. 6) taking wt. on both ft. with a deep knee bend.

- 7-8 Wt. transfers to R for a slight chug back as L lifts slightly off the floor (ct. and). Step L crossing in front of R (ct. 7) R steps into position parallel to the L, shoulder width apart (ct. 8). with a deep knee bend on both legs.
- 1-8 Repeat first 8 cts. For the transition, step onto the ball of the L on ct. and traveling CW.
- 1-2 Wt. transfers to L for a slight chug back as R lifts slightly off the floor (ct. and). Step R crossing in front of L (ct. 1). L steps into position parallel to the R, shoulder width apart (ct. 2) with a deep knee bend, wt. on both ft.
- 3-4 2 deep knee bends, straightening the knees on the and counts.
- 5-8 Repeat cts. 1-4, opp. ftwk.

PART C-"SIDEWAYS TRAVELING"

- 1 Partners are square to each other, feet are parallel approx. 3 inches apart. Bend knees (ct. 1).
- and Straighten knees, M lifting R slightly off floor, W lifting L.
- 2 Lifted foot is placed in parallel position, shoulder width apart, wt. on both feet.
- and M replaces R with L with a slight leap, W replaces L with R with a slight leap.
- 3 M step R to rt., W step L to lft.
- and M step L next to R, W step R next to L.
- 4 M step R to rt., W step L to lft
- 5-8 Repeat cts. 1-4, opp. direction and ftwk.
- 1-16 Repeat cts. 1-8 two more times for a total of 6 sideways traveling steps.

PART C-VARIATION

- 1-16 Same as part C, total of 4 sideways traveling steps.
- 1-6 6 rida turns rotating CW, stepping R on the beat, stepping L on the and cts. Note: Woman must step L on the first ct. and hold on the and ct. to begin this step.
- 7 Partners turn square to each other, W puts wt. on both ft. with ft. together. M and W bend knees.
- and W jumps back from both feet away from partner. M lifts W from shoulder blades and throws her back away from him.
- 8 W lands on both feet, arms in high W position with palms facing out.

ENDING SEQUENCE

- 1-6 M and W begin R, taking 6 walking steps to complete one CW circle away from partner, arms in high W position, with W's palms facing out.
- 1-6 Bokázo (heel-clicks). Step R in place (ct. 1), click L heel to R heel (ct. and), reverse ftwk and repeat for a total of 6 times.
- 1-4 ONE 2,3's--Step R in place as knees bend and L knee lifts in front approx. 45 degrees (ct. 1). Step L next to R (ct. and) Step R next to L (ct. uh). Note: For this step count l-and-uh, 2-and-uh, etc. Reverse ftwk. and repeat step for a total of 4 times.
- 5-6 Wt. on both ft., parallel position, shoulder width apart, bend knees twice (ct. 5-6).
- 1-6 From both feet, hop on one foot, bringing the other foot around to the front by lifting the knee and hip. Here, the M transfers wt. to L, bringing R knee and foot around. W does the same with opp. ftwk. (ct. and). M steps on R in front of L while W does the opposite (ct. 1). Repeat, reversing ftwk. Note: Counts 2-6 are performed from 1 foot instead of from both feet. This step repeats for a total of 6 times. Also, couple returns to a closed position on about ct. 1 of this sequence.
- and M hops on L bringing R knee, hip and foot around to the front while W does the same with the opp. foot.
- 1-6 M steps R crossing in front of L (ct. 1), Step L to the lft. side on the ball of the foot (ct. and). W does the opp. Repeat for a total of 6 times.
- 1-6 Same as the previous 6 cts., opp. direction and ftwk.
- 1-3 M does a slight chug back on L while bringing R around to the front (ct. and). Step R crossing in front of L (ct. 1)., L steps into position parallel to the R, shoulder width apart (ct. 2) with a deep knee bend, wt. on both feet. Straighten knees (ct. and), bend knees (ct. 3).
W steps L (ct. and), step R crossing in front of L (ct. 1). L steps into position parallel to the R, shoulder width apart (ct. 2). Straighten knees (ct. and), bend knees (ct. 3).
- 4-6 Both M and W do the reverse of the M's ftwk during the previous 3 measures.
- 1-4 4 rida turns CW, stepping R on the beat.
- 5-6 Same as last two cts. of Part C--Variation.

Note: This is really an improvised dance form. The sequence here is only one possibility and does not exhaust all possible steps or combinations.

Sequence: A, A, B, C, B, C(Variation), Ending sequence

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