



## MOTIFS

### I. 2 LÉPÉSES CSÁRDÁS

S1

### II. 2 LÉPÉSES CSÁRDÁS FORDULÓVAL

S1b

### III. KIFORGÁS

(4x S2)+(4x S2) (turning to R individually)

### IV. NŐ-FORGATÁS (Man turning woman)

Man: (6x S2)(2x S2) (to R, indiv.)

Woman: (4x S2)+S2 (to R, M's L hand holding W's R hand) S2b (to L)+(2x S2) (turn to R indiv.)

### Step 2. SZÖKKENŐS (Leaping) $\downarrow\downarrow\downarrow\downarrow$

a.) jump on R ft slightly to R, bending knee  $\downarrow +$  hop again in place, bringing L ft to R ankle  $\downarrow +$  repeat to L  $\downarrow\downarrow$

b.) same as S2a, but start to L w/L ft  $\downarrow\downarrow\downarrow\downarrow$

\*\*\*\*\*

## SEQUENCE OF DANCE

Meas. 2/4

1. 1-16 4x MOTIF I.  
(2 Lépéses)

7. 1-16 MOTIF III.  
(Kiforgás)

2. 1-16 4x MOTIF II  
(2 Lépéses fordulóval)

8. 1-16 MOTIF IV.  
(Nő forgatás)

3. 1-16 MOTIF I.

9. 1-16 MOTIF III.

4. 1-16 MOTIF II.

10. 1-16 MOTIF IV.

5. 1-16 MOTIF I.

11. 1-16 MOTIF III.

6. 1-16 MOTIF II.

12. 1-16 MOTIF IV.

13. 1-16 MOTIF III.

14. 1-16 MOTIF IV.

$\downarrow\downarrow\downarrow\downarrow$

KÉLMÁN & JUDITH  
MACGYER

SÁRKÖZI UGRÓS  
(Leaping Dance)

side: A  
band: 4

formation: lines, circles, semi-circles or partners

### Step 1. UGRÓS (jump) $\downarrow\downarrow\downarrow\downarrow\downarrow\downarrow$ or $\downarrow\downarrow\downarrow\downarrow\downarrow\downarrow\downarrow\downarrow\downarrow\downarrow$

a.) jump on R ft in place, while place L ft in front, knee bent  $\downarrow +$  jump on R ft again, while place L ft diagonally to L in front (knee turned in)  $\downarrow +$  jump on both ft together twice  $\downarrow\downarrow +$  repeat to L  $\downarrow\downarrow\downarrow$   
b.) repeat to R  $\downarrow\downarrow\downarrow$   
c.) repeat first two meas. of Sla  $\downarrow\downarrow +$  step fwd w/R-L-R ft  $\downarrow\downarrow +$  repeat to L  $\downarrow\downarrow\downarrow\downarrow +$  repeat to R  $\downarrow\downarrow\downarrow\downarrow$

### Step 2. RAKOSGATÓ (placing ft. in front) $\downarrow\downarrow\downarrow\downarrow\downarrow\downarrow$

a.) hop on L ft in place, while place R ft in front  $\downarrow +$  hop on L ft again, while place R ft diagonally fwd to R  $\downarrow +$  repeat these meas. 4 more times  $\downarrow\downarrow\downarrow\downarrow + \downarrow\downarrow\downarrow\downarrow + \downarrow\downarrow\downarrow\downarrow + \downarrow\downarrow\downarrow\downarrow$  jump on both ft together twice  $\downarrow\downarrow$

b.) hop on R ft, placing L ft in front  $\downarrow +$  hop again on R ft while place L ft diagonally fwd to L  $\downarrow +$  repeat above meas. 4 more times  $\downarrow\downarrow\downarrow\downarrow + \downarrow\downarrow\downarrow\downarrow + \downarrow\downarrow\downarrow\downarrow + \downarrow\downarrow\downarrow\downarrow$  jump on both ft in place twice  $\downarrow\downarrow$

c.) hop in place on L ft, place R ft in front  $\downarrow +$  hop on L ft again, place R ft diagonally fwd to R  $\downarrow +$  repeat these meas. two more times  $\downarrow\downarrow\downarrow\downarrow + \downarrow\downarrow\downarrow\downarrow$  jump on both ft in place twice  $\downarrow\downarrow$

d.) same as S2c, but start to hop on R ft and place L ft in front (3 times)  $\downarrow\downarrow\downarrow +$  jump on both ft in place twice  $\downarrow\downarrow$

Note: if couples do this step facing each other, woman starts by placing R ft diagonally fwd to R first. They hold R hand to R hand; arm movement follows ft movement by swinging them parallel w/ft.

### Step 3. UGRÓ CIFRA (Jumping cifra step) $\downarrow\downarrow\downarrow$

a.) jump in place so that R ft is in front of L, knee slightly bent, w/partial wt on it  $\downarrow +$  repeat jump w/L ft in front  $\downarrow +$  hop on R ft, raising L leg, knee bent  $\downarrow +$  step on L-R ft  $\downarrow\downarrow$

b.) repeat opposite ft.  $\downarrow\downarrow\downarrow\downarrow$

### Step 4. LEGBOKÁZÓ (Click in air) $\downarrow\downarrow\downarrow$

a.) hop on L ft, while click R ft to L ankle  $\downarrow +$  repeat 2 more times  $\downarrow\downarrow +$  click R ft to L ft, wt on both ft  $\downarrow$   
Move w/step to R

b.) same as S4a, but move to L, hop on R ft  $\downarrow\downarrow\downarrow$

\*\*\*\*\*

## MOTIFS

### I. UGRÓS

pos: men holding shoulder, women hands  
couples face each other, hold R to R hand  
S1c (S1a+b)

### II. RAKOSGATÓ

same pos.  $\frac{II}{A}$   
2x(S2c+S2d)  
S2 a+S2b

### III. UGRÓ CIFRA

same pos, line moving L-R  $\frac{III}{A}$   
couples-same  
2x S3

### IV. LEGBOKÁZÓ

S4a+S4b+(S3 a+b)

\*\*\*\*\*

## SEQUENCE OF DANCE

2/4

### 4 beats introduction

A1		C1	
1-12	MOTIF I. (Ugrós)	1-8	MOTIF IV. (Légbokázó)
A2	Érik a szőlő...	C2	
1-12	MOTIF I.	1-8	Same as C1
A3		C3	
I-12	MOTIF I.	1-8	Same as C1
B1	A báta bíró...	D1	Hol jártál...
1-12	MOTIF II. (Rakosgató)	1-16	MOTIF II/A
refr.		refr.	
7-12	MOTIF III/A (Ugró Cifra)	9-16	MOTIF III.
B2		D2	
1-12	Same as B1 refr.	1-16	
7-12		refr.	{ Same as D1 refr.
B3	Erre gyere...	9-16	
1-12	Same as B1 refr.	D3	Nincs itthon...
refr.		1-16	{ Same as Refr.
7-12		9-16	DL refr.

L-40