

SÁRKÖZI UGRÓS

"Ugros" type of dance from Sárköz region of Hungary.

Source: Sandor Timar.

Records: KR 4501, Hungaroton LPX 18031-32, HRLP-004.

Motifs and sequences:

1. Side-close step

- ct.1 Step on Lft to L sd.
 - 2 Step on Rft in pl.
 - 3 Close Lft to Rft (weight on both feet).
 - 4 Pause
- NOTE: the steps and close are done either with a smooth style or with light bouncing.

2. Turn with 2 steps

- ct.1-2 With 2 walking steps L,R, make a full turn to L.
 - 3 Close Lft to Rft.
 - 4 Pause.
- Variation: Clap hands on the first two counts.

3. Scissor jumps

- ct.1 Jump into 4th pos Lft fwd carrying only partial weight. Toes are slightly turned out.
 - 2 Scissor jump, symmetrical of ct.1.
 - 3 With a jump close feet together.
 - 4 Pause.
- NOTE: During the jumps keep the feet close to the floor and slightly progress to the L.

4. "Haromugros" (Three Jumps)

- ct.1 Hop on the Rft, at the same time swing L lower leg to R sd in front of Rft.
 - 2 Hop on the Rft, at the same time swing L lower leg to L sd.
 - 3&4 Step 3 times in pl (LRL).
 - 5-6 Same as ct.1-2 with op ftwk.
 - 7 Close Rft to Lft.
 - 8 Pause.
- NOTE: With the Hops progress slightly to L.

5. Stamps-scissor-leaps-close

- ct.1&2 Step in pl 3 times (LRL) with slight stamping.
 - 3 Jump into 4th pos Rft fwd carrying only partial weight.
 - 4 Scissor jump, symmetrical of ct.3.
 - 5 Leap onto Rft in pl, at the same time swing L lower leg to L sd.
 - 6 Symmetrical repeat of ct.5.
 - 7 Close Rft to Lft.
 - 8 Pause.
- NOTE: During ct.1&2 progress slightly to L.

6. Grapevine

- ct.1 Step on Rft in front and slightly across Lft.
- 2 Step on Lft to L sd.
- 3 Step on Rft in bk and slightly across Lft.
- 4 Step on Lft to L sd.

NOTE: The cross steps are done with a slight knee bend and the hips are turned with moderation.

7. Grapevine with hops

- ct.1 Step on Rft in front and slightly across Lft.
- 2 Hop on Rft in pl, turning 1/4 to R.
- & Step on Lft bk.
- 3 Step on Rft bk.
- 4 Hop on Rft in pl, turning 1/4 to L.
- & Step on Lft fwd.

NOTE: This motif is similar to the Grapevine with an added Hop to each cross-step.

8. Stamp-hop-change

- ct.1 Stamp Rft in front of Lft. Knees are slightly bent and hips are turned to L.
- 2 Hop on Lft in pl.
- & Step on Rft in pl.
- 34& Symmetrical repeat of 12&.

THE DANCE

Circle Form

Dancers join in a circle (closed or open) with a simple side-low hand-hold. Motif changes are initiated by a leader. Each motif is done several times.

Suggested motif progression: #1, #3, #1, #2, #4, #1, #5, #6, #7, #8.

The #1 motif can be considered as a "basic" or "rest" motif. During the #6, #7 and #8 motifs, the hand-hold changes to a "W" position (hands are joined at shoulder height with bent elbows).

Couples Form

Independent couples. Partners face each other. Two-hand-hold. The changes and variations are led by the Man. Each motif is done several times.

Suggested motif progression. #1, M#1-W#2: M releases W R hand and leads her to turn under the joined MR WL hands. M#2-W#2: release both hands. #6: During the front steps pull toward each other, elbows bent and down. #6 Release-turn: Release both hands and each dancer makes an independent full turn to L.

Presented at Maine Folk Dance Camp 1986

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