

SIMA HEJSZA  
(Gyimes, Transylvania, Romania)

*Compare notes on  
Hjjsza, and Reg. Hjjsza*

The "Sima" or "Smooth" Hejsza belongs to the Balkan or chain dance layer in the dance repertoire of the Hungarian-speaking Gyimesi Csango people living in the eastern-most Carpathian Mountains in Transylvania, Romania. It is a three measure dance similar in structure to a simple sirba, pravo horo, Arkan, or Hasapiko. The dance is also known simply as Hejsza, Szirba, or Hejsza-szirba.

Pronunciation: SHEE-ma HAY-sah

Source: Zoltan Zsurafszky. Gyorgy Martin, Zoltan Kallos:  
A Gyimesi Csangok Tancelete es Tancai (The Gyimes  
Csangos dance life and dances) Tanctudományi  
Tanulmányok 1969-70 Budapest.

Record: Hungaria Records 005 2/4 meter

Formation: Open circle, shldr hold (men only) or "V" (mixed),  
leader at R end of line.

Meas

Pattern

BASIC

- 1 Facing slightly R of ctr, step R ft fwd (ct 1); step  
L ft beside but slightly fwd of R (ct 2).
- 2 Turning to face ctr, step R ft to R side (ct 1); bounce  
slightly on R ft and swing L ft (leg straight) slightly  
up and in front (ct 2).
- 3 Repeat meas 1 with opp ftwk.

TRAVELING BASIC

- 1 Facing slightly R of ctr, step fwd R, L (cts 1,2).
- 2 Step R ft fwd (ct 1); lift slightly on R and bring  
L ft fwd (ct 2).
- 3 Repeat meas 2 with opp ftwk.

VARIATION I

- 1 Facing slightly R of ctr, step R ft fwd (ct 1); step  
L ft beside R (ct &); turning to face ctr, step R ft  
to R side (ct 2); chug fwd on R ft and bring L ft fwd,  
up and back (bkwd bicycle-like) (ct &).
- 2 Step on L ft slightly back (ct 1); cukce (raise and  
lower on L heel) (ct 2).
- 3 Tap ball of R ft beside L heel (slight accent) (ct 1);  
brush and scuff R heel fwd (ct 2).

VARIATION II

- 1 Facing slightly R of ctr, step R ft fwd (ct 1); step  
L ft beside R (ct &); turning to face ctr, step R ft  
to R side (ct 2).
- 2 Lift on R ft in place (ct 1); tap L ft beside R (ct &);  
step on L ft in place (ct 2); tap sole of R ft slightly  
to R (ct &).
- 3 Close R ft to L ft (ct 1); hold (ct 2).

SIMA HEJSZA (Continued)

VARIATION III

- 1 Repeat Variation II, meas 1.
- 2 Slight leap onto L ft in place (ct 1); tap R ft beside L (ct &); repeat with opp ftwk (cts 2,&).
- 3 Step L ft slightly fwd and in front of R ft, lift R ft up and slightly in back (knee bent) (ct 1); hop on L ft and close R ft sharply to L ft (ct 2).

VARIATION IV

- 1 Facing slightly R of ctr, lift on L ft and raise R ft up and slightly in front of L ft (ct 1); tap R ft slightly fwd (ct &); fall onto L ft beside R (ct 2); tap R ft slightly fwd (ct &).
- 2 Fall onto L ft beside R ft (ct 1); tap R ft slightly fwd (ct &); fall onto R ft fwd (accented) (ct 2); turn to face L of ctr.
- 3 Lift on R ft and raise L ft up and slightly in front (ct 1); tap L ft in place (ct &); fall onto L ft in place (accented) (ct 2).

Presented by Stephen Kotansky