

## SZÉKI TÁNCRENDBŐL-FROM THE DANCE CYCLE OF SZÉK

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### PORKA-POLKA

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COUPLES FACE COUNTERCLOCKWISE.

MEN-----INSIDE WITH RIGHT HAND ON PARTNER'S RIGHT SHOULDER

WOMEN---OUTSIDE WITH LEFT HAND RESTING ON PARTNER'S RIGHT SHOULDER. WOMEN'S ARMS ARE UNDER MEN'S.

#### MEN'S STEP:

1. STAMP RIGHT (SMALL STEP, NO MOVEMENT). TAKE WEIGHT.
2. STAMP LEFT WITH SLIGHTLY BENT LEG. CLOSE TO RIGHT FOOT.
3. REPEAT 1 & 2.
4. STAMP LEFT FACING SLIGHTLY AWAY FROM PARTNER.
5. CLOSE WITH RIGHT AND STRONGER STAMP.

RHYTHM FOR ABOVE STEP:



#### WOMEN'S STEP:

GENTLE ROCKING FORWARD AND BACK. BEGINNING FORWARD ON BEAT WITH RIGHT FOOT.

UPON SIGNAL FROM PRECEEDING COUPLES MAN CROSSES IN FRONT OF PARTNER WITH 2 STEPS AND TAKES EITHER OF THE FOLLOWING HOLDS:

1. MAN TAKES PARTNER'S LEFT HAND WITH WITH HIS RIGHT AND HOLDS IT LOW AND SOMEWHAT EXTENDED. HIS LEFT ARM ENCIRCLES WOMEN'S WAIST.
2. MAN PLACES PARTNER'S LEFT HAND ON HIS RIGHT SHOULDER AND PLACES HIS RIGHT HAND ON PARTNER'S LEFT SHOULDER BLADE. LEFT ARM AS # 1.

UPON INITIATION BY FIRST COUPLE ALL SUCCESSIVE COUPLES BEGIN TURNING STEP IN A SORT OF "WAVE". ONCE ALL COUPLES HAVE BEGUN THEY SHOULD NOT STOP. SHOULD THIS PROVE DIFFICULT ONE CAN REST BY SIMPLY WALKING FORWARD IN TIME TO THE MUSIC ALLOWING COUPLES BEHIND TO CONTINUE. RESTING COUPLES CAN BEGIN TURNING AT ANY TIME.

#### MEN'S TURNING STEP:

1. STEP RIGHT WITH SLIGHTLY BENT KNEE TURNING 45° TO RIGHT.
2. LEFT LEG MEETS RIGHT (SMARTLY AT ANKLES "BOKÁZÓ") TURNING FURTHER 45° TO RIGHT.
3. STEP LEFT FORWARD WITH SLIGHTLY BENT KNEE TAKING WEIGHT AND TURNING 45° TO RIGHT.
4. STEP RIGHT TURNING 45° (TO COMPLETE CIRCLE) BUT BALANCE WEIGHT SO THAT RIGHT LEG CAN TAKE WEIGHT FOR RETURN TO STEP 1.

#### WOMEN'S TURNING STEP:

PROCEEDING AROUND PARTNER IN CLOCKWISE DIRECTION IN EVEN RHYTHM:

1. STEP LARGE LEFT
2. STEP LARGE RIGHT
3. STEP LARGE LEFT
4. STEP SMALL RIGHT

LAST 2 STEPS ARE ALMOST IN PLACE CHANGING DIRECTION RATHER THAN ADVANCING. TOO LARGE OF STEPS WILL THROW MAN OFF BALANCE.



## SZÉKI TÁNCRENDBŐL-FROM THE DANCE CYCLE OF SZÉK

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CHANGE IN MUSIC SIGNALS:

### HÉTLÉPÉS-SEVEN STEPS

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MEN'S STEP:

WITH SLIGHTLY BENT KNEES

1. FORWARD-STEP RIGHT, STEP LEFT (MEETING BUT NO "BOKÁZÓ"), STEP RIGHT WITH ACCENT STAMP.
2. RETURN WITH NO CHANGE OF DIRECTION-STEP LEFT, STEP RIGHT, STEP LEFT.
3. REPEAT 1 & 2.
4. TURNING
  - A. SMALL RIGHT STEP FORWARD.
  - B. SMALL HOP RIGHT TURNING 180° TO RIGHT WITH LEFT FOOT MEETING IN "BOKÁZÓ".
  - C. SMALL LEFT STEP FORWARD.
  - D. SMALL HOP LEFT TURNING 180° TO RIGHT WITH RIGHT FOOT MEETING IN "BOKÁZÓ".
  - E. REPEAT A-D TO COMPLETE 2 CIRCLES.  
(VARIATIONS POSSIBLE)
5. REPEAT 1-4 UNTIL MUSIC CHANGES AT WHICH POINT STEPS 1 & 2 ARE DONE ONCE ONLY WITH TURNING STEP FOLLOWING IMMEDIATELY.

WOMEN'S STEP:

IS MIRROR OF MEN'S STEP 1 & 2 WITH OR WITHOUT REPEATS, AS DICTATED BY MUSIC. THEN SHE PROCEEDS IN 2 CLOCKWISE CIRCLES AROUND PARTNER BEGINNING WITH LEFT FOOT TAKING 8 EQUALLY Paced STEPS TO LAND ON LEFT FOOT AND BEGIN STEP 1 AGAIN.

- N.B.
1. BODY POSITION OF COUPLES IS AT A GENERALLY 90° ANGLE.
  2. THE TURNING STEPS IN BOTH DANCES ARE ADVANCING STEPS WITH ALL COUPLES PROCEEDING IN COUNTERCLOCKWISE DIRECTION.