

DÉLALFÖLDI UGRÓS  
(Hungary)

This dance is from the region of Dél-alföld (Tapei), and means the "jumping" dance.

Pronunciation: ~~dehl~~ dehl-ahl - FÖÖL-de öö-grósh

Record: LP-51, Side B/6. Hungaroton LPX 18031-32. 2/4 meter.

Formation: Single circle of dancers facing ctr, no ptrs. Wt is on R ft.






























MeasPattern

- |         |   |   |
|---------|---|---|
| 1       | ♩ | Step sdwd L on L ft (ct 1).   |
| Fall on | ♩ | Bend L knee (ct 2), and bend R knee, picking up R ft diag/bkwd.   |
| 2       | ♩ | Leap sdwd R on ball of R ft (ct 1). [one]   |
|         | ♩ | Leap on ball of L ft across in back of R (ct &). [two]  |
| 3       | ♩ | Leap sdwd R on whole R ft and bend knees slightly (ct 2). [three]   |
|         | ♩ | Hop on ball of R ft in place and touch ball of L ft directly fwd with slight outward rotation of L leg (ct 1). [up]               |
|         | ♩ | Leap in place on whole L ft with a stamp and touch ball of R ft directly fwd with slight outward rotation of R leg (ct 2). [down] |
| 4-5     |   | Repeat action of meas 2-3. [1-2-3-up-down]  |
| 6       | ♩ | Leap sdwd R on ball of R ft (ct 1). [one]   |
|         | ♩ | Leap on ball of L ft across in back of R (ct &). [two]  |
|         | ♩ | Leap sdwd R on ball of R ft (ct 2). [three]   |
| 7       | ♩ | Leap on ball of L ft across in back of R (ct &). [four]   |
|         | ♩ | Leap sdwd R on whole R ft with a stamp and bend R knee slightly (ct 1). [five]  |
|         | ♩ | Hop in place on ball of R ft and touch ball of L ft directly fwd with slight outward rotation of L leg (ct 2). [up]               |
| 8       | ♩ | Leap in place on whole L ft with a stamp and touch ball of R ft directly fwd with slight outward rotation of R leg (ct 1). [down] |
|         | ♩ | Leap sdwd R on ball of R ft and clap own hands forward-low (ct 2).  |
|         | ♩ | Leap on ball of L ft across in front of R and clap own hands similarly (ct &).  |
| 9-10    |   | Repeat action of meas 2-3, clapping on 1-2-3 [1-2-3-up-down]  |
| 11-12   |   | Repeat action of meas 2-3. [1-2-3-up-down]  |
| 13      |   | Repeat action of meas 6 - first ct of meas 7 [1-2-3-4-5]  |
| 14      | ♩ | Leap sdwd R on ball of R ft and touch ball of L ft directly fwd with slight outward rotation of L leg (ct 1) [up]                 |
|         | ♩ | Leap in place on whole L ft with a stamp and touch ball of R ft directly fwd with slight outward rotation of R leg (ct 2). [down] |
| 15-16   |   | Repeat action of meas 14 twice, clapping on last three cts. [up-down-up-down]   |

Continued...

DELALFÖLDI UGRÓS (continued)



Pattern II

- 17  Step on whole R ft just in front of L toe and bend R knee slightly (ct 1).
-  Step on ball of L ft just in back of R heel (ct &).
-  Step on whole R ft just in front of L toe and bend R knee slightly (ct 2).
-  Step on ball of L ft just in back of R heel (ct &).
- 18 Repeat action of meas 17.
- 19-20 Repeat action of meas 17 twice, moving fwd.
- 21-22 Repeat action of meas 17 twice, moving sdwd R.
- 23  Step in place on whole R ft and swing L leg (knee bent slightly) diag bkwd-low, also rotate chest and R leg slightly outward (ct 1).
-  Rise on ball of R ft (ct &).
-  Lower R heel and also rotate chest and R leg to re-face ctr (ct 2).
-  Step on L heel in place (ct &).
- 24 Repeat action of meas 23.
- 25  Repeat action of meas 23, except also clap own hands once (ct 1).
-  Clap twice (cts 2,&).
- 26  Repeat action of meas 23 except also clap own hands once (ct 1), then pause (ct 2).
- 27 Repeat action of meas 23 exactly.
- 28-29 Repeat action of meas 25 twice (same as meas 23 except also clap, then clap-clap).
- 30 Repeat action of meas 26 (same as meas 23, except also clap, then pause).
- 31-32  Step on R ft across in front of L (ct 1). *[step]*
-  Jump sdwd L on both ft together and click L ft against R (ct 2) and repeat twice (three times in all)(cts 3-4) *[close]*
- 33  Jump sdwd L on both ft together and click L ft against R (ct 1) and repeat (ct 2). *[close-close]*
- 34  Jump sdwd R on both ft together and click R ft against L (ct 1) and repeat (ct 2).
- 35-36 Repeat action of meas 33-34.
- 37 Repeat action of meas 33.
- 38  Step on R ft beside L and click R ft against L (ct 1).
-  Step on L ft beside R and click L ft against R (ct &).
-  Step on R ft beside L and click R ft against L (ct 2).
-  Repeat action of meas 33.
-  Step on R ft beside L and click R ft against L (ct 1).
-  Step on L ft beside R and click L ft against R (ct 2).
- 41  Slap R palm on front of R thigh, also step fwd on L ft (ball of R ft remains where it is) and kneel on R knee (cts 1-2). *Clap on ct 2*
- 42  Slap R palm on floor (ct 1).
-  Clap own hands in front of body (ct &).
-  Slap R palm on floor (ct 2).
-  Clap own hands in front of body (ct &).
- 43 Repeat action of meas 42.
- 44  Slap R palm on floor (ct 1).
-  Rise with a jump on both ft apart and clap own hands (ct 2).
-  Jump up into the air and click ft together in the air (ct &).




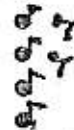
Pattern III

*Continued...*

DELALFÖLDI UGRÓS (continued)

- 45  Land with a jump on both ft apart (ct 1).  
Jump up into the air and click ft together in the air (ct &).
- 46  Land and click ft together in place (ct 2).  
Rise on ball of R ft (ct &).  
Lower R heel (ct 1).  
Step on L heel in place (ct &).  
Step in place on R ft and rotate R leg outward (ct 2).  
Rise on ball of R ft and unrotate R leg (ct &).
- 47 Repeat action of meas 46.
- 48 Repeat action of meas 46 except also clap own hands in front of body (ct 2).

Example of ad lib clapping variation for meas 33-36.

- 33  Ftwk as above, with claps as follows:  
Clap own hands twice (cts 1-2).
- 34  Slap R palm on front of R thigh (ct 1).  
Clap own hands (ct &).  
Slap R palm on front of R thigh (ct 2).  
Clap own hands (ct &).
- 35  Slap R palm on front of R thigh (ct 1).  
Clap own hands (ct &).
- 36  Slap R palm on front of R thigh (ct 2); pause (ct &).  
Clap own hands (ct 1); pause (ct &).  
Slap R palm on front of R thigh (ct 2).  
Clap own hands (ct &).

*Repeat patterns 2 and 3.*  
Notes by Rickey Holden.

Presented by Stephen Kotansky  
Idyllwild Weekend Conference, 1981

DELALFÖLDI UGRÓS

8 Add to end of dance: Repeat patterns 2 and 3.