

DÉLALFÖLDI UGRÓS
(Tápé, Hungary)

Délalföldi Ugrós means, jumping dance from the southern plains region in South-eastern Hungary, around the town of Tápé. The dance is also called Olahos, (The Wallachian). This version is a couple form, although much of the time partners dance separate and apart from one another. It is based on steps learned from Sándor Timár, and films of village dancers. Traditionally and today in the Táncház it is danced free style. I've put this sequence together for teaching purposes.

RECORD: SLPX 18031-32 (Double Táncház Record),
or Sebő, SLPX 17482 (The brown one)

FORMATION: Couples scattered about the dance floor facing each-other, R hands joined and down. Free hand can be held up - W hold a small handkerchief while M snap fingers or place hand on waist or behind back.

METER: 2/4

Meas

FIG. I: CSÁRDÁS

1-8 Starting with R, do 8 single csárdás steps (i.e., Meas 1: Step R to R (ct 1); close L beside R (ct 2). Meas 2: Repeat meas 1 with opp ftwk and direction.). M stamp R on ct 2 of meas 8.

NOTE: This step can be used to move or done in place.

FIG. II:

1 Fall onto R to R (ct 1); step on L behind R (ct &); fall onto R (knee slightly bent) to R, L remains on floor with knee bent and slightly turned in (ct 2).

2 Rising on R, touch L in front (knee straightened) (ct 1); leap in place on L (knee bent slightly) and extend R fwd (knee straightened)(ct 2).

NOTE: Cts 1-2 are scissors like, but well controlled.

3-4 Repeat action of meas 1-2 (Fig. II).

5 Fall onto R to R (ct 1); step L behind R (ct &); fall onto R to R (ct 2); step L behind R (ct &).

6-7 Repeat action of meas 1-2 (Fig. II).

8 Repeat action of meas 2 (Fig. II-Scissors)

9-16 Repeat Fig. II, meas 1-8, except clap own hands on cts 1,&,2 of meas 1,3 and (optional) cts 1-2 of meas 8.

FIG. III: MEN'S CSAPÁS SLAPS

1 Slap R hand on R upper boot (R leg straight) (ct 1); step on R fwd and clap hands at face level (ct 2).

2 Repeat meas 1 (Fig. III) with opp ftwk.

- 3 With R leg up and fwd (knee slightly bent), slap R hand on R inner boot top (ct 1); clap both hands near boot (ct &); repeat cts 1,& (cts 2,&).
- 4 Repeat action of meas 3 (Fig. III).
- 5-6 Lift lower R leg out to R side (knees close together) and slap and clap R outside heel as in meas 3-4 above
- 7-8 Stepping R in place (knee slightly bent) and turning upper body slightly to R, slap L hand on L upper thigh (ct 1); clap (ct &); continue slap and clap down while twisting slowly to L, finish kneeling on R knee facing to L (cts 2,&; meas 8, cts 1,&,2,&).
- 9 Slap R hand on floor (ct 1); clap near L ear (ct 2).
- 10 Slap R hand on floor (ct 1); slap L hand on floor (ct &); slap R hand on floor (ct 2).
- 11 Clap near L ear (ct 1); hold (ct 2).
- 12 Slap R hand on floor, except follow through (ct 1); rise on L (ct 2).
- 13-14 With R hand over head, L hand down to side, turn 2 full times CW (R) with 4 buzz steps or down-beat rida (i.e., Rida: Step R across L with plie (ct 1); step fwd on ball of L ft (ct &).)
- 15-16 Repeat action of meas 7-8, Fig II - Scissors

FIG III: WOMEN'S STEP


- 1 Facing and moving R, run R-L (cts 1-2).
- 2 Turn to face M, step R sdwd to R (ct 1); close L to R (ct &); step R in place and extend L diag to L side (knee straight).
- 3 Repeat action of meas 2 (Fig. III) with opp ftwk.
- 4 Repeat action of meas 1 (Fig. III).
- 5 Raise R arm over head, and with 2 running steps (R-L) turn CCW (L) (cts 1-2).
- 6-7 Repeat action of meas 2-3 (Fig. III).
- 8 Repeat action of meas 2 (Fig. III).
- 9-16 Repeat meas 1-8 (Fig. III) with opp ftwk and direction.

FIG. IV: CLICKS

- 1 Jump onto both ft (about shldr width apart)(ct 1); click heels in air (ct &); repeat cts 1,& (cts 2,&).
- 2 Land on R (ct 1); close L beside R with accent (ct &); stamp R beside L (ct 2).
- 3-4 Repeat action of meas 1-2 (Fig. IV), except use opp ftwk of meas 2, for meas 4.
- 5 Singles - Repeat action of meas 1, (cts 1,&), land on R (ct 2); close or click L to R (ct &).
- 6 Repeat action of meas 5 with opp ftwk.
- 7-8 Repeat action of meas 1-2.

- 6 Repeat action of meas 5, with opp ftwk.
- 7-8 Repeat action of meas 1-2 (Fig. IV).
- 9-16 Repeat action of meas 1-8, except clap on all ckicks including Ct 2,& of meas 5 and 6.

FIG. V: WOMEN

- 1 With hands on hips or R hand above head, lift on L and bring R up and around in back of L (ct 1); step onto R behind L (ct 2).
- 2 Repeat meas 1 (Fig. V), with opp ftwk.
- 3-4 Repeat action of meas 1-2, Fig. II.
- 5-8 Repeat action of meas 1-4.
- 9-12 Turning and moving in a large circular path to the R (both hands up and fwd), step R fwd with plie (ct 1); step fwd on ball of ft (ct &) (8 of them all together). 
- 13-16 Repeat action of cts 13-16 of Men's Fig. III, turning in place with both hands up.

SEQUENCE:

Fig. I
Fig. II
Fig. II + Claps
Fig. III-M (slaps)
Fig. III-W } }

Fig. I
Fig. II
Fig. IV
Fig. III-M }
Fig. V- W }