

















DÉLALFÖLDI UGRÓS  
(Hungary)

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





























Pronunciation:

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





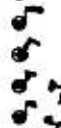


Formation: Single circle of dancers facing ctr, no ptrs. Wt is on R ft.

<u>Meas</u>	<u>Pattern</u>
1	 Step sdwd L on L ft (ct 1). (Lead with heel before taking wt full ft.  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).  Leap on ball of L ft across in back of R (ct &).  Leap sdwd R on whole R ft and bend knees slightly (ct 2).
3	 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).  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).
4-5	Repeat action of meas 2-3.
6	 Leap sdwd R on ball of R ft (ct 1).  Leap on ball of L ft across in back of R (ct &).  Leap sdwd R on ball of R ft (ct 2).  Leap on ball of L ft across in back of R (ct &).
7	 Leap sdwd R on whole R ft with a stamp and bend R knee slightly (ct 1).  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).
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).
8 (ct)	
- 14	Repeat meas 2 through ct 1 of Meas. 8
15	 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).  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 (ct2).
16	Repeat action of meas 14 twice, clapping on last three cts.

DELALFÖLDI UGRÓS (continued)

- (Note: Meas 17-22: Snap fingers on all steps)
- 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).  
 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).
  - 33  Jump sdwd L on both ft together and click L ft against R (ct 1) and repeat (ct 2).
  - 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).
  - 39  Step on L ft beside R and click L ft against R (ct 1).  
 Step on R ft beside L and click R ft against L (ct 2).
  - 40 Repeat action of meas 33.
  - 41  Slap R palm on front of R thigh, bring right knee up to the side, arc to R and kneel on it. (cts 1-2).
  - 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 (ct 2).  
 Jump up into the air and click ft together in the air (ct &).

DÉLALFÖLDI 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). The clap is done cymbol fashion (R hand down, L up)  
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 &).  
Slap R palm on front of R thigh (ct 2); pause (ct &).
- 36  Clap own hands (ct 1); pause (ct &).  
Slap R palm on front of R thigh (ct 2).  
Clap own hands (ct &).
- 37  Slap R thigh and clap own hands.
- 38-40: Repeat mas 35-37.

Notes by Rickey Holden.

Presented by Stephen Kotansky