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GYIMESI CSÁNGÓ LASSÚ és FRISS CSÁRDÁS  
(Gyimes, Transylvania, Rumania)

The Csárdás from Gyimes is a newer dance within the Hungarian layer of dances from the Gyimes dance repertoire. Structurally however, it is very similar to the older Lassú Magyaros (Slow Hungarian). It differs in rhythm and tempo. The Gyimesi Csángók (pl.) are a Hungarian-speaking ethnic group living in the Eastern Carpathian mountains in Rumania. György Martin has categorized their rich dance repertoire into three main sub-divisions: 1. The Hungarian Layer (old and new), 2. The Balkan Layer (line dances), 3. The Newer dances of Western origin (Polka, Seven Step, etc.)

Source: Ferenc Sára

Recordings: Available on tape or Electrocord EPE Q2686, Hungaroton SLPX 18130  
Hungaria HRLP 001

Formation: Cpls scattered freely on dance floor; face to face but shifted slightly so that woman is to R of man. Woman grips both of man's upper arms; man's R hand is on woman's L shoulder-blade, his L hand rests on or holds her R upper arm.

Music: 2/4

Meas

Single Csárdás or Rest Step

- 1 Man: Step Rft fwd diag. R (ct 1); close Lft fwd toward Rft (ct 2).  
Woman: Step Lft back diag. L (ct 1); close Rft to Lft (ct 2).
- 2 Reverse action of meas 1.
- 3-7 Repeat action of meas. 1-2
- 8 Man: Release R hand and take a slightly larger step Lft back (ct 1)  
Click Rft against Lft (ct. 2)  
Woman: Repeat action of meas 2 but take wt onto Lft (ct 2).

Couple Turning Step

- 1 Ftwk is same for Man and Woman. Stepping into a side by side position (hand hold remains the same only shifted slightly to R to adjust to new position) Step Rft fwd (ct 1) continue to lift on Rft. Step Lft fwd lowering slightly onto it (ct 2). the feeling of this step is an up-down pulse.
- 2-6 Repeat action of meas. 1 turning CW. Note: Man's inner foot remains in place while woman walks around man.  
Change of direction
- 7 Step Rft fwd dipping on it (ct 1); Step Lft fwd raising to normal, straightened level (ct &); close Rft to Lft stopping all fwd motion (ct 2).
- 8 Turning to face partner and beginning change of direction, step onto ball of Lft foot directly behind and to the R of Rft (Rft remains in place) This step is very close and into a releve pos. (ct 1); Note: at this point there is the least amount of tension or resistance between cpl. Lower onto Rft slightly to R (knee bent) Lft remains in place (ct 2).  
Note: The secret to this step is using in a functional sense i.e. to stop forward movement and to change direction. It is done naturally, calmly, and with complete control.
- 9-16 . Reverse action and shift hand hold of meas 1-8
- 17-23 Repeat action of meas. 1-7.
- 24 Continuing fwd, step Lft fwd (ct 1); Man: Step Rft back (ct 2);  
Woman: Close Rft to Lft (ct 2)

Meas

## Transition to Single Csárdás

- 1-2 Man: Starting with Lft, dance a double Csárdás to L (L, together, L, close)  
 Woman: Starting with R ft, dance a double Csárdás to R (R, together, R, close)
- 3-8 Repeat action of meas. 3-8 of Single Csárdás or Rest Step

Ropogatatás (Stamping of lit. "Crackling")

During this step woman either stands and supports man or does a single csardas in place.

Position: Woman to R of man in open position. Man rests R hand over woman's L shoulder or even on R shoulder. He may even hang on her if the evenings been a particularly rough one.

- 1 Single Stamp: Step Rft in place (ct 1); Stamp Lft loudly beside Rft (ct &); Step Lft in place (ct 2); Stamp Rft beside Lft (ct &).
- 2-4 Repeat action of meas 1 Single Stamp
- 1 Double Stamp: Step Rft in place (ct 1); Stamp Lft beside Rft (ct &); bend R knee slightly (ct 2); Stamp Lft beside Rft (ct &)
- 2 Reverse action of meas 1 Double Stamp or Three accented steps in place L, R, L, (cts 1, &, 2).
- 3-4 Repeat action of meas. 1-2 Double Stamp

Chug:

- 1 Repeat action of meas. 1 Double Stamp
- 2 Bring feet together (ct. 1); chug Rft diag. fwd R and Lft diag. back L (ct &); bring feet together (ct 2); chug feet apart as in ct & (ct &).
- 3-4 Repeat action of meas. 1-2 of Chug.

Close

- 1-2 Run 4 accented steps R,L,R,L in place (cts 1,2,1,2).
- 3 Jump onto both feet (knees bent) with accent and brush Rft fwd (ct. 1); Lift rft fwd and up (ct 2).
- 4 Step Rft fwd and turn toward woman (ct. 1); click Lft to Rft taking wt. on Lft and return to cpl turning pos. (ct 2). From this step continue directly into couple turn.

## Suggested sequence:

- Single Csárdás or Rest Step (8 Meas.)  
 Couple turn (24 meas.)  
 Transition back to Rest step and Rest step (8 meas.)  
 Couple Turn (24 meas.)  
 Transition back to Rest but end in open side by side pos. (8 meas.)  
 ropogtatás: Single (4 meas.)  
                   Double (4 meas.)  
                   Single (2 meas.)  
                   Double (2 meas.)  
                   single (2 meas.)  
                   Double (2 meas.)  
                   Chug (4 meas.)  
                   Close (4 meas.)

Arranged and presented by Stephen Kotansky

LAGUNA FOLKDANCERS FESTIVAL  
 FEBURARY 10-12, 1989

GYIMESI CSÁNGÓ VERBUNK

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(Gyimes, Transylvania, Rumania)

This Verbunk (Recruiting Dance) belongs to the "Hungarian" layer of dances within the dance repertoire of the Hungarian-speaking Gyimes Csángó ethnic group living in the eastern Carpathian mountains in Rumania.

Source: Ferenc Sára

Recording: Available on tape or Electrocord EPE 02686, Hungaroton SLPX 18130  
Hungaria HRLP 001

Formation: Solo men's dance but performed also by good women dancers using somewhat different steps.

Music: 2/4

Meas Step I

- 1 Step Rft to R (ct 1); place or tap lightly Lft to R and slightly fwd of Rft (ct 2).
- 2 Reverse ftwk of meas. 1
- 3-8 Repeat action of meas. 1-2

Step II

- 1 Step Rft to R (ct 1); step Lft slightly to R (ct &);  
Step Rft to R (ct 2); step Lft slightly to R (ct &).
- 2 Repeat action of cts 1,&,2 of meas. 1 of Step II (cts 1,&,2)  
Hold (ct &)
- 3-4 Reverse action of meas. 1-2 of Step II.
- 5-8 Repeat action of meas 1-4 of Step II.  
During this step turn slightly to L and R to inscribe a slight arc.  
Upper body turns to L when moving to R and to R when moving to L.

Step III

- 1 Jump with both feet about shoulder width apart, knees slightly bent and Rft fwd of Lft and turn to face slightly L of center (ct 1); close feet together and turn to face center (ct 2).
- 2 Repeat action of meas. 1 Step III turning to face R of center with Lft fwd.
- 3-4 Repeat action of meas. 1-2 Step III
- 5-12 Repeat action of meas 1-2 Step III but add a cymbal-like clap on ct. 2 of each meas. (closing feet together).

Step IV

- 1 Jump onto both feet about shoulder width apart and knees bent, clap hands together at waist level (L hand moves downward to meet and then continue down) (ct 1); slap L hand against L inner shin (ct &); slap R hand against R inner shin (ct 2).
- 2-4 Repeat action of meas 1 Step IV.

Step V

- 1 Repeat action of meas 1 of Step IV
- 2 Jump up onto both feet and with them still at shoulder width apart, twist both feet and knees sharply to L (ct 1); bo unce and twist both feet and knees to R (ct &); Jump onto and twist both feet and knees sharply to L (knees bent slightly) (ct 2).
- 3-4 Repeat action of meas 1-2 Step V.

Gyimesi Csango Verbunk cont.

Meas

Step VI

- 1 With an upward movement, clap hands together a chest level and raise R leg fwd and up (ct 1); slap R hand against R inner shin (knee slightly bent) (ct &); lower R leg slowly and clap hands together twice (cts 2, &).
- 2 Jump onto both feet apart (knees bent) with Rft back and turn to face slightly R of center (ct 1); shift feet (knees remain bent) to face center (ct 2) clap hands together at waist level (ct &);
- 3 Slap L hand against L inner shin (ct 1); Slap R hand against R inner shin (ct &); in bent knee position with upper body bent fwd, chug fwd twice on both feet (cts 2, &).
- 4 Repeat action of meas 1 of Step IV.
- 5 Clap hands together at chest level and raise L leg fwd and up (ct 1); Slap L hand against L raised inner shin (ct &); leap onto Lft in place and slap R hand against fwd raised R inner shin (ct 2).
- 6-8 Repeat action of meas. 5 Step VI.
- 9-16 Repeat action of meas. 1-8 Step VI.

Step VII

- 1 Clap hands together in front of chest and raise Rft out to R side (ct 1) Slap R hand against R outer heel (ct 2)
- 2 Leap onto Rft in place and slap R hand against L inner heel up and behind (ct 1); hop on Rft in place abd slap L h and against L outer heel to L side (knees are close together) (ct 2).
- 3 Leap onto L ft in place and slap L hand against R inner heel up and behind (ct 1); hop on Lft in place and slap R hand against R outer heel to R side (ct 2).
- 4-5 Repeat action of meas. 2-3 Step VII
- 6-8 Repeat action of meas. 5-7 of Step III (Jump apart; close together at cymbal clap).

Step VIII

- 1 With feet together, jump up high (legs straight)(ct 1); clap hands together while up in air (ct &); land on both feet and clap hands together at chest level (ct 2).
- 2-4 Repeat action of meas 1 Step VIII
- 5 Jump up and clap hands together (ct 1); Slap both hands against upper thighs while in air (ct &); land and clap hands together (ct 2).
- 6 Hop on Lft in place and slap R hand against R outer heel to R side (ct 1); leap onto Rft in place and slap L hand against L outer heel to L side (ct 2).
- 7 Jump onto both feet with accent (knees slightly bent) (ct 1); raise R ft fwd and up (ct 2).
- 8 Step Rft fwd (ct 1); close Lft to Rft (ct 2).
- 9-11 Repeat action of meas 6-8 Step VIII

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