

MEZŐSÉGI ÖSSZERÁZÓS, SZÖKŐS & FRISS

(Fast couple dance from Mezőség Region)

side: B

formation: in couples

band: 4

Step 1. FORGATÓS (Turning) Man: $\downarrow\downarrow\downarrow\downarrow$ Woman: $\downarrow\downarrow\downarrow\downarrow$
 $\downarrow\downarrow$ $\downarrow\downarrow$

a.) Man: w/R ft step diagonally back to R \downarrow + w/L ft step in front of R ft \downarrow + small steps in place (R-L-R) ft $\downarrow\downarrow$ (see fig. 1.)

b.) w/L ft step back diagonally to L \downarrow + w/R ft step in front of L ft \downarrow + small steps in place (L-R-L) ft $\downarrow\downarrow$ (see fig. 2.,)

c.) Woman: w/R ft step out to R, bend knee, w/ upper body lean to R \downarrow + step out on L ft, moving to man's L side, turning to L \downarrow + continue turning to L on both heels once, face front again at end $\downarrow\downarrow$ (fig. 1)

d.) w/L ft step to R, turning to L \downarrow + step w/R ft, arrive on man's R side \downarrow + step in place (L-R-L) ft. $\downarrow\downarrow$ (fig. 2)



fig 1



fig. 2

Step 2. LÉPŐ (Moving step) $\downarrow\downarrow$

a.) w/R ft step to R, rolling from heel to toe \downarrow + step w/L ft \downarrow

b.) same, start w/L ft and move to L $\downarrow\downarrow$

Step 3. ZÁRÓ (Closing)

step w/R ft \downarrow + w/L ft close next to it, face each other \downarrow

Step 4. RICA $\downarrow\downarrow\downarrow\downarrow$

a.) w/R ft step to L, crossing L ft in front, face L \downarrow + w/L ft step behind R ft in place \downarrow + w/R ft step in place \downarrow + face R and step back w/L ft \downarrow + w/R ft step behind L ft \downarrow + step w/L ft in place \downarrow

b.) w/R ft step fwd \downarrow + step w/L-R ft fwd $\downarrow\downarrow$ + repeat these meas. and make a full turn to R, to face woman again $\downarrow\downarrow$

c.) steps w/R-L-R $\downarrow\downarrow\downarrow$ and w/L-R-L $\downarrow\downarrow$

Step 5. CSÁRDÁS $\downarrow\downarrow\downarrow\downarrow\downarrow\downarrow\downarrow$

w/R ft step to R and hold $\downarrow\downarrow$ + w/L ft close next to it and hold $\downarrow\downarrow$ + repeat to L $\downarrow\downarrow\downarrow\downarrow$

Step 6. KOPOGÓS (Heel stamping) $\downarrow\downarrow\downarrow\downarrow\downarrow$

a.) step fwd w/R ft \downarrow + hit L heel on ground \downarrow + repeat w/L ft \downarrow + close ft and bend knees \downarrow + straighten knees, face L \downarrow

b.) same, but start w/L ft and face R at end $\downarrow\downarrow\downarrow\downarrow$

MOTIFS

I. **FORGATÓS**

I/A.

Man: S1a+b out turn) + S1c

pos: woman on man's R side, her L hand on his waist, his R hand holding her upper arm.

Man: S1a+b

Woman: S1b+c

II. **LÉPŐ**

pos: couples face R, R hands on partner's upper arm, L hands holding partner in back (7x S2) + S3

III. **RICA**

couples, man's L hand holding woman's R hand, arms horizontally extended; his R hand on her upper arm, her L hand on his back (waist)

S4a,

IV. **CSÁRDÁS**

pos: couples R hands on partner's upper arm, L hands on back, (waist)

S5

V. **FORDULÓS** (see fig. 3.)

pos: same as in Motif I.

Man: S4b+S4c

Woman: S1c+S4c

VI. **FORGÓS**

VI/A. (6xS2b) + S6b

pos: same as in Motif III.

(6xS2a) + S6a

SEQUENCE OF DANCE

A1. (meas. 4A)

1-4 2x MOTIF I. (Forgatós)

5-8 MOTIF II. (Lépő)

9-16 4x MOTIF III. (Rica)

A2

1-16 Repeat A1

A3

1-16 Repeat A1

A4

1-16 Repeat A1

A5

1-16 Repeat A1

B1 (2/2)

1-8 4x MOTIF IV. (Csárdás)

B2

1-8 } 8x MOTIF V. (Fordulós)

C1

1-8

C2

1-8 4x MOTIF I/A (Forgatós var.)

B3

1-8 4x MOTIF IV. (Csárdás)

B4

1-8

1-8 } 8x MOTIF V. (Fordulós)

C3

1-8

1-8 4x MOTIF I/A (Forgatós var.)

B5

1-8 4x MOTIF IV. (Csárdás)

B6

1-8 } 8x MOTIF V. (Fordulós)

C5

1-8

C6

1-8 4x MOTIF I/A (Forgatós var.)

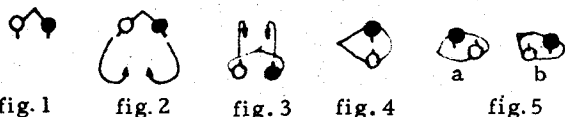
- D1
1-8 MOTIF VI. (Forgós to R)
D2
1-8 MOTIF VI/A (Forgós to L)
E1
1-8 Same as D1
E2
1-8 Same as D2
D3
1-8 Same as D1
D4
1-8 Same as D2
E3
1-8 Same as D1
E4
1-8 Same as D2
D5
1-8 Same as D1
D6
1-8 Same as D2
E5
1-8 Same as D1
E6
1-8 Same as D2

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BIHARI PÁROS
(Couple dance from Bihar)

Step 1: JÁRÓ (Walk) side: B
band: 6

- a.) Man ♩ ♩ ♩ ♩ ♩
Hop on L ft, raising R leg in front ♩ + step fwd. on R ft, turning 1/4 to L ♩ + step on L ft ♩ + w/R ft. step fwd ♩ + w/L ft close next to R, turning 1/4 to R ♩
(do step fwd along an arc; see fig. 2)
- b.) ♩ ♩ ♩ ♩ ♩
Hop on R ft, raising L leg in front ♩ + step fwd. on L ft, turning 1/4 to R ♩ + step fwd. w/R ft. ♩ + step in place on L-R-L ft, turning 1/4 to L ♩ ♩
(do step on straight line; see fig. 3)
- c.) Woman ♩ ♩ ♩ ♩ ♩
w/L ft step fwd, slightly to R ♩ + step on R ft, turning 1/4 to L ♩ + step backwds w/L-R-L ft ♩ ♩
(do step along an arc; see fig. 2)
- d.) w/R ft step fwd ♩ + step on L ft, turning 1/4 to R ♩ + step backwds w/R-L-R ft ♩ ♩
(do step along straight line; see fig. 3)



Step 2: NÉGYSZÖG (rectangle)

- a.) Man (see fig. 4) ♩ ♩ ♩ ♩ ♩ ♩ ♩
w/R ft step fwd ♩ + w/L ft step next to R, but do not put wt. on it ♩ + w/L ft step to L ♩ + w/R ft step next to L ♩ + w/L ft step back ♩ + w/R ft step next to L, but do not put wt. on it ♩ + w/R ft step to R ♩ + w/L ft close next to L ♩

- b.) Woman (see fig. 4) ♩ ♩ ♩ ♩ ♩ ♩ ♩
w/L ft step back ♩ + w/R ft step next to L, but do not put wt. on it ♩ + w/R ft step to R ♩ + w/L ft close next to R ♩ + w/R ft step fwd. ♩ + w/L ft step next to L, but do not put wt on it ♩ + w/L ft step to L ♩ + w/R ft step next to L ♩

Step 3. OLDALAZÓ (side-step)

- a.) Kopogós (man) ♩ ♩ ♩ ♩ ♩ ♩ ♩ ♩ ♩
step to R w/R-L ft ♩ + step on R ft, hitting ground w/L heel ♩ + step to L, hit ground w/R heel ♩ + step to R, hit ground w/L heel ♩ + step to L, hit ground w/R heel ♩ + repeat steps to L ♩ ♩ ♩ ♩ ♩
- b.) Woman's step (move to R) ♩ ♩ ♩ ♩ ♩
jump on R ft to R, swing L leg to L ♩ + jump on L ft next to R, take wt off R ft ♩ + step in place R-L-R ft ♩ ♩
- c.) same as S3b, but to L, start w/L ft ♩ ♩ ♩ ♩ ♩

Step 4: DOBBANTÓS (stamping) see fig. 5 ♩ ♩ ♩ ♩ ♩ ♩ ♩
jump w/R ft to R, swinging L ft to L ♩ + jump w/L ft next to R, take wt. off R ft ♩ + step fwd (towards each other) w/R ft ♩ + stamp w/L heel next to R ♩ + repeat to L ♩ ♩ ♩ ♩

MOTIFS

- I. JÁRÓ
pos: W on R side of man, her L hand holding his R, other arms free; face ea. other slightly) fig. 1.
Man: S1a+b Woman: S1c+d
- II. NÉGYSZÖG
pos: couples face ea. other, her R hand on his shoulder, his L hand on her waist, other arms extended to side, hands holding see fig. 4
Man: 2x(S2a) Woman: 2x(S2b)
- III. OLDALAZÓ
pos: couples face ea. other, hold hands
Man: 2x(S3a) Woman: 2x(S3b+c)
- IV. DOBBANTÓS
pos: same as in Motif. II.
Man: 2x(S4) Woman: same

SEQUENCE OF DANCE

- A. (meas. 4/4)
1-2 meas. introduction (pause)
3 start MOTIF I. (Járó) and repeat 56 times
4
- B1 (meas 4/4)
1-4 MOTIF II. (Négyszög)
B2
1-4 MOTIF III. (Oldalazó)
C1
1-4 MOTIF IV. (Dobbantó) B5
B3 1-4 MOTIF II. B6
1-4 MOTIF II. 1-4 MOTIF III.
B4 C3
1-4 MOTIF III. 1-4 MOTIF IV.
C2 MOTIF IV.

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