

Presented by Madelynn Greene

SAJONEMETI PÁROSTÁNC
(Shah-yo-neh'-mah-tee Pah'-rosh-tanc)

Hungaria

SOURCE: Music and dance from original ethnic sources, collected and choreographed by Alice Reisz. Introduced at 1959 COP Folk Dance Camp by Alice Reisz.

RECORD: Folk Dancer 2009. Music 4/4.

FORMATION: Cpls in a single circle, W to R of M, shoulder hold.

MEASURES Pattern

4 Introduction.

I LENGETO

1-2 Hop on L while swinging R lower leg to L and R alternately 6 times. Bent R knee is raised almost straight fwd (cts 1,2,3,4,5,6). Stamp dynamically R, L, R (cts 7, & 8).

3-4 Reverse action Fig I, meas 1-2.

5-8 Repeat action Fig I, meas 1-4.

II DOBCGOS

1-2 Stamp R in place, knee bent (ct 1); stamp quickly twice with L in place, R knee straight, taking wt on L on second stamp (cts 2, &); repeat these two actions twice (cts 3,4 & 1,2 &); stamp R in place, knee bent (ct 3); stamp L out to L without wt (ct 4); stamp L beside R with wt (ct &).

3-8 Repeat action Fig II, meas 1-2 three times more. On the very last stamp on L, raise R ft out to R in preparation for next figure.

III KISHARANG

1 Step R in place (ct 1); step L in place (ct &); stamp R in place, knee bent, simultaneously kicking L lower leg to L (ct 2). Now reverse action of the above two cts (cts 3 & 4).

2-4 Repeat action Fig III, meas 1, three times more, moving fwd during all four meas.

IV BOKAUTOS

5 Rising on toes, knees straight, bring both heels sharply together (ct 1); step bwd on L, knee bent, simultaneously raising R lower leg quickly in front of L lower leg, almost knee high (ct 2).. Repeat exact action of both cts (cts 3-4).

6-8 Repeat action Fig IV, meas 5, three times more. (There are eight click and steps in meas 5-8). R ft should describe a small arc CW when moving from in front of L leg to click position.

continued...

Sajonemeti Párostánc

MEASURES Pattern:

V KISHARANGÉ VARIATION

- Ptrs face each other (single line, M face CCW; W, CW) and take shoulder blade position. Cpls will turn $1\frac{3}{4}$ turns CW while progressing CCW in large circle. Rise on ball of R, knee stretched, simultaneously bring L heel to R heel sharply (ct 1); step down onto L, knee bent, simultaneously kicking R lower leg to R (ct 2); in place, step R,L, and stamp R (cts 3 & 4) kicking L lower leg to L on ct 4 to prepare for repeat of step Accent up on ct 1, down on ct 2.
- 2-8 Repeat action Fig V, meas 1, seven times more. Finish with W on inside facing out, M on outside, facing in.

VI HUPPANTÓS

- 1-2 Ptrs hands held straight across, step on L to L, bending knees (W use oppos ftwork) (ct 1); bring R to L, stretching knees (ct 2) and bounce on balls of both feet twice (ct 3-4). Repeat this action of above four cts to M R, reversing ftwork (meas 2).
- 3-4 Turn individually in place twice with 4 step-hops (two per meas), M turning CCW and W turning CW.
- 5-8 &
1-8
rptd Repeat action Fig VI, meas 1-4, three times more.

VII RIDA and DOBOGÓS

- 1-8 Cpls take shoulder blade position, facing directly. Step on L to L, up on toe, knee stretched (ct 1); step R in front of L, toe twd ptr, knees bent (ct 2); repeat act ct 1-2 $1\frac{1}{4}$ times (15 in all) turning rapidly CW, and finish in a single facing-out circle, W to R of M with 3 stamps: L, R, L (Dobogos). (Retain shoulder-hold until the stamps).