

MOTIFS

- I. 2 LÉPÉSES CSÁRDÁS  
S1
- II. 2 LÉPÉSES CSÁRDÁS FORDULÓVAL  
S1b
- III. KIFORGÁS  
(4x S2)+(4x S2)(turning to R individually)
- IV. NÓ-FORGATÁS (Man turning woman)  
Man: (6x S2)(2x S2) (to R, indiv.)  
Woman: (4x S2)+S2 (to R, M's L hand holding W's R hand) S2b (to L)+(2x S2)(turn to R indiv.)

Step 2. SZÖKKENŐS (Leaping) ♪♪♪♪

- a.) jump on R ft slightly to R, bending knee ↓ + hop again in place, bringing L ft to R ankle ↓ + repeat to L ♪♪
  - b.) same as S2a, but start to L w/L ft ♪♪♪♪
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SEQUENCE OF DANCE Meas. 2/4

1. 1-16	4xMOTIF I. (2Lépéses)	7. 1-16	MOTIF III. (Kiforgás)
2. 1-16	4xMOTIF II (2 Lépéses fordulóval)	8. 1-16	MOTIF IV. (Nó forgatás)
3. 1-16	MOTIF I.	9. 1-16	MOTIF III.
4. 1-16	MOTIF II.	10. 1-16	MOTIF IV.
5. 1-16	MOTIF I.	11. 1-16	MOTIF III.
6. 1-16	MOTIF II.	12. 1-16	MOTIF IV.
		13. 1-16	MOTIF III.
		14. 1-16	MOTIF IV.

KÁLMÁN & JUDITH  
MAGYAR

LP-40

SÁRKÖZI UGRÓS  
(Leaping Dance)

side: A  
band: 4

formation: lines, circles, semi-circles or partners

Step 1. UGRÓS (jump) ♪♪♪♪ or ♪♪♪♪♪♪

- a.) jump on R ft in place, while place L ft in front, knee bent ↓ + jump on R ft again, while place L ft diagonally to L in front (knee turned in) ↓ + jump on both ft together twice ♪♪ + repeat to L ♪♪♪♪
- b.) repeat to R ♪♪♪♪
- a.) repeat first two meas. of S1a ♪♪ + step fwd w/R-L-R ft ♪♪ + repeat to L ♪♪♪♪ + repeat to R ♪♪♪♪

Step 2. RAKOSGATÓ (placing ft. in front) ♪♪♪♪

- a.) hop on L ft in place, while place R ft in front ↓ + hop on L ft again, while place R ft diagonally fwd to R ↓ + repeat these meas. 4 more times ♪♪♪♪ + jump on both ft together twice ♪♪
- b.) hop on R ft, placing L ft in front ↓ + hop again on R ft while place L ft diagonally fwd to L ↓ + repeat above meas. 4 more times ♪♪♪♪ + jump on both ft in place twice ♪♪
- c.) hop in place on L ft, place R ft in front ↓ + hop on L ft again, place R ft diagonally fwd to R ↓ + repeat these meas. two more times ♪♪♪♪ + jump on both ft in place twice ♪♪

- d.) same as S2c, but start to hop on R ft and place L ft in front (3 times) ♪♪♪♪ + jump on both ft in place twice ♪♪
- Note: if couples do this step facing each other, woman starts by placing R ft diagonally fwd to R first. They hold R hand to R hand; arm movement follows ft movement by swinging them parallel w/ft.

Step 3. UGRÓ CIFRA A (Jumping cifra step) ♪♪♪♪

- a.) jump in place so that R ft is in front of L, knee slightly bent, w/partial wt on it ↓ + repeat jump w/L ft in front ↓ + hop on R ft, raising L leg, knee bent ↓ + step on L-R ft ♪♪
- b.) repeat opposite ft. ♪♪♪♪

Step 4. LÉGBOKÁZÓ (Click in air) ♪♪♪♪

- a.) hop on L ft, while click R ft to L ankle ↓ + repeat 2 more times ♪♪ + click R ft to L ft, wt on both ft ↓ Move w/step to R
  - b.) same as S4a, but move to L, hop on R ft ♪♪♪♪
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MOTIFS

- I. UGRÓS  
pos: men holding shoulder, women hands couples face each other, hold R to R hand  
S1c+(S1a+b)
- II. RAKOSGATÓ II/A  
same pos. 2x(S2c+S2d)  
S2a+S2b
- III. UGRÓ CIFRA III/A  
same pos, line moving L-R S3a+b+a  
couples-same  
2x S3
- IV. LÉGBOKÁZÓ  
S4a+S4b(S3a+b)

SEQUENCE OF DANCE 2/4

4 beats introduction

A1		C1	
1-12	MOTIF I. (Ugrós)	1-8	MOTIF IV. (Légbokázó)
A2	Érik a szőlő...	C2	
1-12	MOTIF I.	1-8	Same as C1
A3		C3	
1-12	MOTIF I.	1-8	Same as C1
B1	A bátai bíró...	D1	Hol jártál...
1-12	MOTIF II. (Rakosgató)	1-16	MOTIF II/A
refr.		refr.	
7-12	MOTIF III/A (Ugró Cifra)	9-16	MOTIF III.
B2		D2	} Same as D1 refr.
1-12	Same as B1 refr.	1-16	
refr.		refr.	
7-12		9-16	
B3	Erre gyere...	D3	Nincs itthon...
1-12	Same as B1 refr.	1-16	} Same as D1 refr.
refr.		Refr.	
7-12		9-16	

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