

JUNE
"BETYÁROK" WORKSHOP, ~~19~~ 19, 1976

I. Registration(1:45-2:15)

BE THERE: 1:30

I. Table

Signs

Florence

Mailing List

Donna

II. Warm up(2:15-2:45)

A. Stretching and relaxation(Leave troubles at home)

1. Back
2. Legs
3. Torso

B. Joints Warm up

1. Feet
2. Knees
3. Hips
4. Arms

C. Cardio Vascular

II. Warm up _____

III. Style Basica(2:45-3:15)

A. Up beat and down beat at end of phrase

B. Energy and no movement after up or down beat.

1. Strong
2. Weak contrast
3. Flowing
4. Chest energy

C. Practicing with steps

1. Bo-ka-zoes
2. Rida
3. Step touches
4. Leg swings

III. Style Basica Anthony

IV. Men and Women working Separately(3:15-3:45)

A. Women

1. Steps in dance
2. Hungarian women attitude
 - a. Women's Dances
 - b. Couple Dances
 - c. Mens's Dances
 - d. Does and Don'ts
 - 1'. Couple Dances
 - 2'. Men's Dances
 - 3'. Other

IVA. _____

Susan

B. Men

1. Arm and hand practice
2. Practicing in small groups with steps.
 - a. Cifra
 - b. Bo ka zo
 - c. Rida
 - d. Step touching
 - e. Kicks

IVB. _____

V. 15 minute Break(3:45-4:00)

A. Refreshments(?)

B. Talking with people(all)

VA. KETTLE & LAOLE

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VI. Learning pattern of "Legenyés es Csárdás." (4:00-4:20)

A. Women

- 1.
- 2.
- 3.
- 4.
- 5.

VIA. DONNA

B. Men

- 1.
- 2.
- 3.
- 4.
- 5.

VIB. John John

VII. All meet to do dances together (4:20-4:30)

VIII. Csárdás (4:30-4:45)

VIII. John John

IX. Evaluation sheets (until 5pm) **SAM**

- A. Interested in further Hungarian Workshops?
- B. What would you like to learn?
- C. Should workshop be followed by Hungarian dance in evening?
- D. Suggestions?
- E. Evaluation?

X. Picnic (5pm on) end

XI. Clean up (all).

**Bringing:

1. Music (records) --- JOHNNY

2. Tape &/or Recordplayer #1 SAM & ~~DONNA~~
(should be large enough output for gymnasium)

3. Tape and/or Recordplayer #2 DONNA

4. Evaluation Ditto makeup and
duplication - - - - -

Signs needed: "DONATION #1", "Mailing List", "BETYÁROK"

wear petticoats & skirts