

CSENDES
(Hungary)

This is a slow cpl Csárdás from Hungary. Csendes means "quiet," or "calm."

Pronunciation:

Record: Any good slow csárdás music. AC 002 "Lassu Csárdás," or LPX 18041 "Lassu es Friss Csárdás." 4/4 meter.

MOTIFS

1. Three-steps Fwd and Back

ct 1	Step on the L ft fwd.
2	Step on the R ft fwd.
3	Step on the L ft fwd.
4	Pause.

Repeat with opp ftwk and direction.

2. Three-steps Sideways

ct 1	Step on the L ft to L side.
2	Step on the R ft in place (beside L).
3	Step on the L ft to L side-
4	Pause.

Repeat with opp ftwk and direction.

THE DANCE

Ptrs are side by side. W is on the R side of her ptr. M's R arm, W's L arm around each other. Free hands are on the hips or held fwd high.

Cpls do the Three steps fwd and back several times. M start with L ft, W with R ft.

Variations

Ptrs can turn on the third fwd step to the opp direction (starting the turn twd each other) and continue the Three steps fwd and back. The W is on the M's L side now. This turn can be done several times by the will and lead of the M.

The turn can be done by only one of the ptrs, in which case they are facing to the opp direction. There are no interruptions in the step pattern during the turns.

Without changing the continuity of the step patterns, ptrs can gradually change the direction of the steps from the fwd and back to sdwd (#2 motif). Ptrs are facing each other and they assume a shldr-shldr-blade pos. In this situation the cpls can move on the dance floor freely, slightly varying the directions and the size of the steps.

Presented by Andor Czompo