

DUNAMENTI FRISS CSÁRDÁS  
(Hungary)

These figures, typical of the fast csárdás of the Danube region, have been arranged for recreational dancing. As dancers become adept at them, they may be done improvisationally - that is rearranged at the whim of the couple.

Pronunciation: DOO-nah-men-tee FREESH CHAHR-dahsh

Translation: Fast couple dance from the Danube region.

Music: Hungaria HRLC 007 Tape 2/4 meter

Formation: Couples scattered at random around dance floor.

Position: Shldr-shldr blade hold: W hands on M shldr; M hands high on W back at shldr blade level; W arms resting in contact with M arms.

MeasPatternI. INTRODUCTION. Rest step

- 1 With wt on both ft, bend knees (ct 1); straighten knees (ct 2). Accent is on "down" bending the knees.  
2-8 Repeat meas 1 seven more times (eight knee bends in all).

II. BASIC GUBBANTOS STEP

- 1-2 M: Bending both knees, take wt on R, picking up L ft (ct 1); straightening knees, step on L slightly to L, wt on both ft (ct 2). Meas 2 - Bending both knees, take wt on L, picking up R ft (ct 1); straightening knees, step on R beside L, wt on both ft (ct 2).  
W: Bending both knees, take wt on L, picking up R ft (ct 1); straightening knees, step on R beside L, wt on both ft (ct 2). Meas 2 - Bending both knees, take wt on R, picking up L ft (ct 1); straightening knees, step on L slightly to L (ct 2).  
Step turns slowly CW.  
3-24 Repeat meas 1-2 eleven more times (twelve in all).

III. ROCK BACK

- M and W do identical ftwk.  
1-2 Bending both knees, take wt on R (ct 1); straightening knees, step back on ball of L ft (ct 2). Meas 2 - Step fwd on R, on bent knee (ct 1); close L to R, straightening knees (ct 2).  
Step turns slowly CW.  
3-14 Repeat meas 1-2 six more times.  
15 Repeat meas 1.  
16 Step fwd on R with knee bent (ct 1); knees straight, step on L heel beside R ft (ct 2); step on R heel beside L (ct &).

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IV. ROCK BACK WITH HEELS

- 1-2 Bending knees, drop onto full ft (ct 1); straightening knees, rock back onto ball of L ft (ct 2). Meas 2 - Bending knees, rock fwd onto R ft (ct 1); straightening knees, step onto L heel beside R (ct 2); step onto R heel beside L (ct &).  
3-14 Repeat meas 1-2 six more times.  
15 Bending knees, drop onto full ft (ct 1); straightening knees, rock back onto ball of L ft (ct 2).  
16 Bending knees, rock fwd onto R ft (ct 1); hop on R (ct 2).

V. STEP-HOPS

- 1 Step L fwd and slightly in front of R, with a slight knee bend (ct 1); hop or chug back on L (ct 2).  
2 Repeat meas 1 with opp ftwk.  
3-14 Repeat meas 1-2 six more times  
15 Repeat meas 1.  
16 Step R in place, raising L lower leg R back diag (ct 1); close L to R sharply (ct 2).

VI. HEEL CLICKS, HEEL CLICKS WITH TURN

- 1 Bending knees, open ft to about shldr width (ct 1); straightening knees, bring ft together with heel click (ct 2).  
2-8 Repeat meas 1 seven more times (8 heel clicks in all).  
9 Repeat meas 1, retaining hold on ptr but turning slightly CW on ct 1 to put L hip twd ptr, and returning to face ptr on ct 2.  
10 Repeat meas 9, opp direction.  
11-16 Repeat meas 9-10 three more times (8 heel clicks with turns in all).

VII. TOUCH FORWARD AND HEEL CLICK

- 1-2 Bending knees, open ft about shldr width apart, wt on both ft (ct 1); straightening knees, leap onto R in place, and L ft in front of R, wt on both ft (ct 2). Meas 2 - Leap onto L in place, raising R lower leg to R back diag (ct 1); close R to L sharply with a heel click (ct 2).  
3-16 Repeat meas 1-2 seven more times (eight times in all).

VIII. BOUNCING STEPS IN PLACE; TURNING

- 1-2 Bending knees, open ft about shldr width apart, wt on both ft, and dip slightly (ct 1); straighten knees slightly (ct 2). Meas 2 - Bounce twice on both ft (cts 1,2). Rhythm of bounces is Slow-Quick-Quick.  
3-8 Repeat meas 1-2 three more times (four times in all).  
9-16 Repeat meas 1-8, but more vigorously, and turn as a cpl CW.  
17 Bending knees, open ft to about shldr width, wt on both ft, dipping and turning as a cpl CW (ct 1); come up, unweighting L ft (ct 2).  
18 Picking up L leg, L ft next to R calf, hop twice on R to L, turning as a cpl CW (cts 1,2).  
19-22 Repeat meas 17-18 twice more.

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- 23 Bending knees, open ft to about shldr width, wt on both ft in place, dipping (ct 1); come up slightly (ct 2).
- 24 Repeat meas 23. These two meas are done in place without turning.

Dance repeats twice from the beginning, omitting Fig I Introduction, and doing Fig II for 32 meas.

Presented by Zoltán Farkas  
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