

DUNAMENTI UGRÓS  
(Hungary)

This sequence of figures has been arranged for learning and teaching. They may also be done improvisationally.

Pronunciation: DOO-naw-men-tee OO-grohsh

Translation: Jumping dance from Danube region.

Music: Hungaria HRLC-007 Tape 4/4 meter

Formation: Circle of M and W, hands joined down ("V" pos). Dance moves CW.

MeasPatternI. BASIC STEP

- 1 Introduction. No action.  
2 Step L to L (ct 1); step R beside L (ct 2); close L to R (ct 3); hold (ct 4).  
3-6 Repeat meas 2 four more times (five in all).

II. BASIC STEP WITH BOUNCE

- 1 Small leap onto L to L (ct 1); small leap onto R beside L (ct 2); close L to R and bounce on heels 3 times (cts 3,&,4).  
2-6 Repeat meas 1 five more times (six in all).

III. LEAP WITH BOUNCES

- 1 Moving CW in circle, leap onto L, swinging R lower leg out to R back diag (ct 1); leap onto R beside L, swinging L lower leg out to L back diag (ct 2); face ctr, close L to R and bounce on heels 3 times (cts 3,&,4).  
2-6 Repeat meas 1 five more times (six in all).

IV. LEAPS AND TOUCHES

- 1 Leap onto R in place, extending L fwd and touching L ft to floor in front of R (ct 1); leap onto L in place (under body) and touch R fwd (ct 2); hop on L, swinging R lower leg to R back diag (ct 3); leap onto R, swinging L lower leg to L back diag (ct 4).  
2 Repeat meas 1 but beg with a hop on R instead of a leap (ct 1);  
3, cts 1,2 Close L to R sharply (ct 1); small leap onto R, preparing to repeat the pattern (ct 2).

This 10-ct pattern takes 2½ meas. The repeat begins in the middle of meas 3.

- 3, cts 3,4+ Repeat the 10-ct pattern (meas 1-3½) but beg with a hop on the R instead of a leap.  
4-5 Repeat meas 1-5. (Entire 10-ct pattern is done 4 times).  
6-10 Repeat meas 2.  
11 Repeat meas 2.  
12 Repeat meas 2, cts 1-2 (cts 1-2); close R to L sharply (ct 3); take wt on L ft (ct 4).

DUNAMENTI UGRÓS (cont'd)V. CIFRAS

- 1 Leap onto R to R (ct 1); small leap onto L beside R (ct &); small leap onto R in place (ct 2); (Cifra Right). Repeat cts 1,&2 with opp ftwk and direction (Cifra Left) (cts 3,&4). M, while dancing Cifra, make a large CW circle, ending facing ptr at her place. W, while dancing Cifra, make a small CW circle, ending facing ptr.
- 2-5 Dancers may clap hands in same rhythm as the Cifra steps. Repeat meas 1 four more times (10 Cifra steps in all). Join 2 hands across at end.

VI. TRIPLE BOUNCE CIFRA VARIATION

- 1 Leap onto R to R, closing L to R immediately and bouncing on both heels (ct 1); bounce again on both heels (ct &); bounce on R, picking up L ft sharply (ct 2). (Triple Bounce Cifra Right). Repeat cts 1,&2 with opp ftwk and direction (Triple Bounce Cifra Left) (cts 3,&4).
- 2-6 Repeat meas 1 five more times (six in all).
- 7 Repeat meas 1, cts 1-2 (13 Triple Bounce Cifras in all). Step L to L (ct 3); close R to L, taking wt on R (ct 4).

Repeat dance from beginning twice (3 total). During second time through the dance, dancers may break into pairs (M and W, or W and W) using double handhold, or R hands joined, or M R and W L hands joined and held up. Can be danced by 2 cpls or 4 dancers in a R hand star formation, in small circles, or as individuals.

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Dance description by Kathleen Kerr