

MEZŐFÖLDI UGRÓS
(Hungary)

The motifs for this Ugrós (Jumping Dance) come from the region of Mezőföld in the larger Dunántul (Danubian) ethnographic region. In contrast to last year's more general Dunántuli Ugrós motifs, this Ugrós focusses on the rich steps and rhythms of the Mezőföld region just south of the town of Székesfehérvár.






Pronunciation: MEH-zoo-fool-dee OO-grohsh

Music: Garlic Press Productions GPP 002 4/4 meter

Formation: Cpls in a closed or open (leader at L) circle in "W" or "V" pos. W to R of ptr.

Note: For convenience in describing this dance, each motif will be described in the amount of counts necessary to complete it. At the end, the sequence will be given.

MeasPattern


- | | |
|---|---|
| 1 | <p><u>Rest Step I, Motif I</u> </p> <p>Facing ctr, step on L ft to L (ct 1); close R ft to L (no wt)(ct 2); step on R ft to R (ct 3); close L ft to R ft (no wt)(ct 4).</p> |
| 1 | <p><u>Rest Step II, Motif II</u> </p> <p>With wt equally distributed on both feet, shoulder width apart, bounce two times (cts 1,&); transfer wt onto L ft (knee bent slightly and R ft raised slightly)(ct 2); reverse ftwk of cts 1,&,2 above (cts 3,&,4).</p> |
| 1 | <p><u>Scissor Step I, Motif III</u> </p> <p>Raise onto balls of both feet by sliding R ft back (L ft fwd, knees extended)(ct 1); lower onto both feet (R ft fwd) with accent and knees bent slightly (ct 2); repeat action of cts 1,2 (cts 3,4).</p> |
| 1 | <p><u>Scissor Step II, Motif IV</u> </p> <p>Raise onto ball of both feet by sliding R ft back (L ft fwd, knee extended)(ct 1); remaining in a releve pos, shuffle feet so that R ft is fwd (L ft back) (ct &); lower onto both feet (knees bent) with an accent and L ft fwd (ct 2); reverse action of cts 1,&,2 (cts 3,&,4).</p> |
| 1 | <p><u>Side Front (10 cts), Motif V</u> </p> <p>Hop on R ft and lift L ft out to L side (knees together and bent slightly)(ct 1); hop on R ft (knees extended) and extend L ft straight fwd (toe extended upward) (ct 2); leap onto L ft and raise R ft to R side (knees together)(ct 3); hop on L ft and extend R ft fwd (knee straightened and toes extended upward) (ct 4).</p> |

MEZŐFÖLDI UGRÓS (cont'd)

- 2 Raise up onto balls of both feet by sliding R ft back (L ft fwd, knees extended)(ct 5); fall onto L ft in place (knee bent) and extend R ft fwd (knee extended)(ct 6); leap onto R ft across and in front of L ft (ct 7); turning to face R of ctr, close L ft to R ft (knees bent)(ct 8).
- 3 Raise onto balls of both feet and twist heels to R (facing L of ctr)(ct 9); lower heels turning to face R of ctr (ct 10).

Double side Front (14 cts), Motif VI

- 1 Repeat action of cts 1,2 of Side Front Motif V (cts 1,2); hop on R ft and bring L ft back to L side as in ct 1 (ct 3); repeat action of ct 2 (ct 4).
- 2 Leap onto R ft and reverse action of cts 1-4 above (cts 5-8).
- 3+ Repeat action of cts 5-10 of Side Front Motif V (cts 9-14)
This motif repeats the side, front kick on both the L and R side as in the previous motif.
Everything else remains the same.

Run, Run, Bounce, Bounce, Open, Motif VII 

- 1 Leap onto L ft and raise R ft to R side (ct 1); leap onto R ft and raise L ft to L side (ct 2); close L ft to R ft and bounce on balls of feet (ct 3); bounce again (ct &); jump onto both feet (knees bent and shoulder-width apart)(ct 4).

Run, Run, Bounce, Bounce, Close, Motif VIII 

- 1 Repeat action of cts 1-2 of Motif VII above (cts 1,2); jump onto balls of both feet (shoulder-width apart) and bounce (ct 3); bounce again (ct &); jump onto both feet closing them sharply together (knees bent)(ct 4).

Running to the Side (10 cts), Motif IX

Running to R side on balls of both feet, step on R ft to R side (ct 1); step on L ft to R crossing behind R ft (ct &); continuing to R, repeat action of cts 1,& eight more times (nine times in all) (cts 2-9&); fall onto both feet (L ft fwd) with accent (ct 10).
Repeat to L side, starting with L ft.

Motif X

A four-count variation of Motif IX. Repeat action of cts 7-10 of Motif IX. Reverse action to L.

Men's Slapping, Motif XI

- 1 Lift on L ft and slap raised R boot top with R hand (ct 1); step on R ft in place and clap hands together (ct 2); lift on R ft and slap L raised boot top with L hand (ct 3); step on L ft in place and clap hands together (ct 4).

MEZŐFÖLDI UGRÓS (cont'd)

- 2 Repeat action of meas 1.
 3 Lift on L ft and slap R outer boot heel at R side with R hand (ct 1); step on R ft in place and clap hands together (ct 2); lift on R ft and slap L outer boot heel at L side with L hand (ct 3); step on L ft in place and clap hands together (ct 4).
 4 Repeat action of meas 3.
 5-6 Repeat action of meas 1-2.
 7 Lift on L ft and clap hands together under raised R leg (ct 1); step on R ft in place and clap hands together (ct 2); lift on R ft and clap hands together under raised L leg (ct 3); step on L ft in place and clap hands together (ct 4).
 8 Repeat meas 7.

Grapevine, Motif XII

- 1 Hands in "W" pos, facing ctr, step on R crossing in front of L ft (ct 1); step on L ft to L (ct 2); Step on R ft to L crossing behind L ft (ct 3); step on L ft to L (ct 4).

Grapevine with Accent, Motiv XIII

- 1 Step on R crossing in front of L with accent (ct 1); hop on R ft in place (ct &); step on L ft to L (ct 2); step on R crossing behind L (ct 3); hop on R (ct &); step on L to L (ct 4).

Stamp in Place, Motif XIV

- 1 Stamp R ft in front of L ft (no wt)(ct 1); hop on L ft in place and bring R ft to R (ct &); step on R ft to R (ct 2); reverse action of cts 1,&2 (cts 3,&4). This step can also be done turning 180° CW on the hop after ct 1.

Presented by Zoltan Farkas and Ildiko Toth
 Dance description by Stephen Kotansky

MEZÖFÖLDI UGRÓS (cont'd)Sequence

Motif I	4 meas (4 times)
Motif II	6 meas (6 times)
Motif III	4 meas (8 times)
Motif IV	2 meas (4 times)
Motif V	2 times (20 cts)
Motif VI	2 times (28 cts)
Motif VII	5 times
Motif VIII	7 times
Motif IX	1 time to R (10 cts) forming smaller circles 1 time to L (10 cts) in the circle
Motif X	1 time to R (4 cts) 3 x (R,L,R,L,R,L) 1 time to L (4 cts) plus 1 more to R
Motif I	9 meas (18 cts) Separating into cpls and moving to a random spot on the floor.
Motif II	6 meas (12 cts)
Motif III	1 1/2 meas (3 times)
Motif IV	1 1/2 meas (3 times)
Motif IX (modified)	cts 3-10 (8 cts) to R cts 3-10 (8 cts) to L
Motif X	4 x 4 cts (R,L,R,L)
Motif X (modified)	cts 3-4 (16 cts) (R,L,R,L,R,L,R,L)

M move twd music for slapping sequence and W form a circle.

MEN

Motif I	4 meas (beg R and travel twd music)
Motif XI	8 meas Finish by stamping L ft and raising arms high and giving a shout.

WOMEN

Motif XII	4 meas (form a circle)
Motif XIII	4 meas
Motif XIV	4 meas