

# PALOTÁS

(Hungary)

Palotás is a Hungarian dance of high society; danced in the ballrooms of Hungary in the middle of the 19th Century. It became the "national" dance. It was presented first on the west coast by Csaba Palfi in 1973 at Stanford University in a stage formation with all cpls facing fwd. This year he again presented it but in ballroom formation during a three-month teaching session at Stanford University. Palotás has recently been presented at folkdance institutes. The following description is written for cpls in circle formation.

MUSIC: Folkraft LP-288, Hungarian Folk Dances, Vol. I

FORMATION: W to M R. Inside arms extended at shoulder height. W L hand resting on M R. Outside hand placed, fingers fwd on waist. Cpls face CCW in circle.

STEPS AND STYLING: Palotas Step: Step may move either to R or to L; step sdwd R with an outward (CW) semi-circular arc movement (ct 1). Step L across and behind R bending both knees and keeping a very upright body pos (ct 2); step again sdwd R (ct 3); close L to R (ct 4).  
Back-cross Cifra Variation Step: M: Leap sdwd R (ct 1); step L behind R (ct 2); small jump on balls of feet (ft about 12" apart, heels 1/2 inch from floor), knees bend slightly, toes turned inward (ct 2); close heels with a click (ct 3); hold (ct 4).

MUSIC 4/4

PATTERN

Measures

1-8 INTRODUCTION No action.

## I. SLOW MUSIC

1 Begin with inside ft (MR. WL). Move fwd 3 stately walking steps (ct 1, 2, 3). On the 3rd step M lifts L heel in back, knee bent. Brush ball of L fwd, pointing toe and turning ft outward slightly (ct 4). Outside hand on hip, fingers fwd.

2-3 Repeat action of meas 1 (Fig I) two times.

4 W: Hop on R, extend L fwd, toe pointed (ct 1); small leap bkwd onto L, extend R fwd (ct 2); close R to L (ct 3); hold (ct 4). This step is like a scissor step.  
M: Turn L heel out and click L to R (ct 1); click R to L (ct 2); click L to R (ct 3); hold (ct 4).

5-7 M lead W around in small CCW circle. Begin R. W move fwd around M with action of meas 1-3 (Fig I).

8 W turn CCW with 3 walking steps (LRL). Close R to L.

5-8 M: M stay in place and lead W around in CCW circle, turning W under joined hands on meas 4. M dance action of meas 4 (Fig I) 4 times. Finish in single circle facing in twd ctr.

9-11 Cpl move sdwd R with 3 Palotás steps.

12 Repeat action of meas 4 (Fig I). M close one heel\* against the other (RLR),

13-16 M change W L hand to his L and lead her in small CCW circle.

W: Repeat action of meas 5-8 (Fig I)

M: Repeat action of meas 5-8 (Fig I) making a complete turn CCW. M accompanies W in the turn. M R arm is behind W back, extended with palm fwd twd W back, slightly above shoulder height. Finish in double circle, ptrns face. M back to circle.

17-22 Cpl move in CCW circle with 6 Palotás steps. Begin W R, M L. Dance "face to face" on steps 2, 4, 6. Outside arms (WR, ML) move outward in a wide sweep from hip to a little above shoulder height (cts 1-4) on "face to face" steps. Inside hands sweep down and up in an arc to shoulder height on "back to back" steps and return to extended arm (shoulder height) on "face to face" step.

*Continued...*

Palotas - (con't) (page 2)

- 23-24 Still holding inside hand, dance 2 back-cross cifra steps. M (L, R), W (R, L). Repeat action of meas 8 (Fig I). W dance a R cifra turning CCW and close L to R; hold. M dance L cifra and close R to L.
- 25 Inside hands joined, shoulder height. Begin ML, WR. Move fwd. Free hand (outside hand) opens and is held high with palm flat..  
M: Walk L, R, L bending L knee on ct 3. Pivot on L, turning in twd ptr, changing hands and raising straight R leg about 6" from floor (ct 4).  
W: Dance counterpart.
- 26 Repeat action of meas 25 (Fig I) reversing ftwk and direction.
- 27 Repeat action of meas 25 (Fig I).
- 28 Move away from ptr with 4 walking steps, making a semi-circle. M moves outward CW, W CCW. Both finish facing LOD.
- 29-31 3 Palotas steps. Begin MR, WL, move twd ptr, away from ptr, twd ptr. On the 3 Palotas steps arm is raised and opens in the direction of the dance movement (inside, outside, inside arm). Head followd the movement of the arm. On last ct (meas 31) close ft and take TURNING SHOULDER WAIST pos.
- 32 4 walking steps RLRL. Make 1 complete turn.
- 33 W: Hands on waist or holding edges of skirt. Move in small CW circle with 2 running steps (R, L) and 1 Cifra step moving fwd (RLR).
- 34 Repeat action of meas 33 (FigI). Begin L.
- 35 Face M. Dance 2 back-cross cifra steps (R, L).
- 36 Dance 3 walking steps (RLR) in small CCW circle (cifra) (ct 1-3). Close L to R (ct 4).
- 33 M: Step L across R and close R to L with heel click (ct 1, 2); take wt on R. Repeat action of (ct 1, 2) for (cts 3, 4).
- 34 Step R across L. Hop on R and click L to R three times.
- 35 Cross L over R (ct 1); hop and click both heels in air (ct &), land on L (ct 2). Repeat aciton of meas 35 (ct 1& 2) reversing ftwk and direction for cts 3, 4.
- 36 Step on L and make 1 complete turn CCW (ct 1); go down onto R knee (ct 2); hold, extend R hand, palm up, twd W (cts 3-4).
- 37-40 W: Repeat action of meas 5-8 (Fig I).
- 37-39 M: Remain on knee. Lead W CCW around M.
- 40 Stand. Step fwd on L (ct 1-2). Close R to L (cts 3-4), and turning W to face him (cts 1-2).

II. FAST MUSIC

- 1-4 Shoulder-waist pos. Dance 4 back-cross cifra variation steps, alternating directions (RLRL).
- 5-8 Repeat action of meas 1-4 (Fig II). Note: M L arm is extended 135° (between shoul-der and high pos). All steps are done to the R, turning ½ turn CCW for each 4 meas.
- 9 In Turning Soulder-Waist Pos. Begin R. Dance 4 walking steps (RLRL).
- 10 ML, WR hand joined, M turn W CW (2 complete turns CW) under L arm of M. W dances 4 walking steps while M stands in place.
- 11-12 Repeat action of meas 9-10 (Fig II). On ct 4 change joined hands. *Continued.*

Palotas - (con't) (page 3)

- 13 Hold (cts 1-2). M: Move in LOD with stamp, step L (bent knee) step R (ct 3,4).  
W dance counterpart.
- 14 W dances counterpart. M: Move to L (RLOD), turn and step R, L (cts 1, 2); step  
R (bent knee), with L ft touching floor, L leg bent in back (ct 3); hold (ct 4).
- 15 Repeat action of meas 14 (Fig II), reversing ftwk and direction.
- 16 Repeat action of meas 14 (Fig II), moving slightly twd ptr and finish in shoulder-  
waist pos.
- Note: On meas 13-16, free arms open outward at 135° angle, palm flat.
- 17-18 Dance 4 running Cifra, turning CW 2 complete turns.
- 19-22 Begin MR, WR, dance 4 back-cross cifra variations, alternating directions.
- 23-25 Both begin R. Dance 12 walking steps CW. Make 3 complete turns (in shoulder-waist  
pos). W may dance this step in double time.
- 26 Repeat action of meas 10 (Fig II).
- 27-30 M kneel on R. Lead W around CCW with 4 running Cifra steps (RLR, LRL, RLR, LRL).
- 31 M stand and close R to L as he turns W CCW with 1 R Cifra step (RLR).
- 32 W close L to R (ct 1-2). Bow to ptr (cts 3-4). Face ptr on bow. Inside hands  
joined and down. Outside hands on hip, fingers fwd.