

SOMOGYI UGRÓS
(Hungary)

A "jumping" dance from Somogy County of Hungary, adapted for children.

Pronunciation:

Record: AC Special #3 "Ugrós," or any other good Ugrós music.

Formation: Circle, hands joined side, low.

MOTIFS

Side-Close

ct 1-2 Step on the L ft to L side.
 3-4 Step on the R ft in place (beside L)
 Repeat the same way.
Note: The motif can be done faster with one step on each ct.

Touch-Step

ct 1-2 Touch the L heel fwd
 3-4 Step on the L ft in place.
 Repeat with opp ftwk.
Note: The motif can be done faster with one movement on each ct.

Hop-Step

ct 1 Hop on the R ft in place, at the same time lift the L leg fwd.
 2 Step on the L ft in place.
 Repeat with opp ftwk.
Variations:
 a. Clap on the beat during the Hop-Step.
 b. At the same time of the Hop, slap/hit gently the lifted leg with one or two hands.
 c. At the same time of the Hop, clap the hands under the lifted leg.

THE DANCE

The children do this dance with an adult leader who builds the dance from simple motifs (each repeated many times) to more complex ones. After a while the whole process can be repeated again.

Presented by Andor Czompo