

Ugros

Notes by Andrew Carnie April 11, 2000.

I learned this dance from Reka Ujj at the Tucson Hungarian Club's Christmas party in 1999. This is a community "warm up dance" .

Open circle, leads LEFT, hands held down.

Chorus

	1	&	2	&	3	&	4	&
Bar 1	L		R		both	both	both	
	step		close		bounce	bounce	bounce	
	←		←		•	•	•	

Repeat

Variations (these aren't called, instead a leader stands in the center and everyone does what they do).

Kicks	L		L		R		L	
	kick		step		kick		step	
	forward		•		forward		•	

123s	L	R	L		R	L	R	
	step	step	step		Step	step	step	
	←	←	•		→	→	•	

Downs	both		both	both	both		both	both
	down		up	up	down		up	up
	↑		↓	↓	↑		↓	↓

In & Out	L		L		L	R	L	
123	kick		kick		step	step	step	
	in front of R		to L		•	•	•	
	hop on R		hop on R					
	left knee bent & held high							

repeat on opposite foot.

Ugros continued.

in & Out	L	L	both	both
123	kick	kick	heels	Flat
	in front of R	to L	•	•
	hop on R	hop on R		
	repeat opposite foot.			

clicks	both	both	both	both	L	R	L
	apart	click	apart	click	step	step	step
	•	in air	•	in air	↑	↓	↓