

# Ugrós

(Hungary)

Ugrós means "jumping dance." It is from Dunántal (Western Hungary) and is usually improvised with a partner. For learning purposes, the steps can be done in a circle as described below.

Pronunciation: OO-grohsh

Cassette: Szabo Hungarian Dances #3

2/4 meter

Formation: Closed circle of couples, W on M R, facing ctr. Hands joined in V-pos.

## Meas

## Pattern

### I. SINGLE CSARDAS STEPS WITH CLAPS

- 1-2 Introduction. No movement.
- 3 Dance a Single Csardas Step: Step on R to R side (ct 1); close L ft to R ft, no wt (ct 2).
- 4 Repeat meas 3 with opp ftwk and direction.
- 5 Clap hands twice (cts 1,2).
- 6 Clap hands 3 times (cts 1,&,2).
- 7-8 Dance 2 Single Csardas Steps R, L.
- 9-12 Repeat meas 3-8.

### II. LEG SWINGING STEP

- 1 Hop on R while swinging L lower leg across in front of R leg (ct 2); hop on R ft while swinging L lower leg to L (ct 2).
- 2 Step on L in place (ct 1); step on R next to L (ct &); step on L in place and swing R lower leg out to R (ct 2).
- 3-4 Repeat meas 1-2 with opp ftwk.
- 5-8 Repeat meas 1-4.

### III. KIS UGRÓS (Dunátul Grapevine)

- 1 With arms in W-pos, step on R diag twd L ctr (body turns with leg) (ct 1); step on L next to R to face ctr (ct 2).
- 2 Step diag bkwd L on R (ct 1); step onto L next to R (ct 2).
- 3-6 Repeat meas 1-2 twice.
- 7-11 Repeat meas 1-5.
- 12 Face ptr, step back on R in line of circle, dropping hands (ct 1); step back on L, joining R hands with ptr (ct 2).

### IV. WALKING STEP WITH PARTNER

- 1 Step on R twd ptr's R side (ct 1); step on L passing ptr by R shldr to switch places (ct 2).
- 2 Bounce on both ft (toes) by bringing ft together and lifting heels (ct 1); bounce twice more (cts &,2).
- 3-4 Repeat meas 1-2 to switch places again.
- 5-6 Repeat meas 1-2 to switch places again. M must turn an extra 1/4 turn twd ctr of circle to rejoin in one circle. M has progressed one person around the circle in LOD.  
Dance repeats a total of 4 times. When dance repeats, dance 2 Single Csardas Steps beg R on meas 1-2 of Fig I.

Presented by István Szabó