

## Csendes és Forgós Csárdás

(Hungary)

Csendes és Forgós Csárdás (CHEN-desh esh FOR-gohsh CHAR-dahsh) is a combination of two freestyle couple dances, Csendes Csárdás and Forgós Csárdás, from the Szatmár region of Hungary. Csendes Csárdás ("calm" or "quiet" csárdás) is danced during the slow music, and both csendes or forgós ("turning") motifs and variations are danced. Forgós Csárdás is danced during the second, faster part of the music, and only forgós variations are danced. The dance was presented by Andor Czönpo at the 1983 University of the Pacific Folk Dance Camp.

RECORDS: AC 002 (45) "Lassu és Gyors Csárdás"; Hungaroton SLPX 18041 Side A/2 "Lassu és Friss Csárdás"; any good csárdás music. 4/4 meter

FORMATION: Cpls at random about floor. Open pos\*, except M hand on W shldr blade, instead of waist. Free hand on hip (open with fingers fwd, or in a fist) or held diag fwd high, palm out. M can also hold hand low and snap fingers.

STEPS and STYLING: Three Steps Fwd and Back (2 meas) (danced only in Csendes Csárdás): Step on L fwd (ct 1); step on R fwd (ct 2); step on L fwd (ct 3); hold (ct 4); repeat with opp ftwk and direction (meas 2). May also beg with R depending on which direction you are facing; the pattern always begins with the outside ft.

Three Steps Sdwd (2 meas) (Double Csárdás--danced in both Csendes and Forgós Csárdás, shldr-shldr blade pos\*): Step on L to L side (ct 1); step on R beside L (ct 2); step on L to L side (ct 3); hold (ct 4); repeat with opp ftwk and direction. May also beg on R to R. In Csendes Csárdás, M and W use opp ftwk; in Forgós Csárdás, M and W use same ftwk.

Open Rida (walking style) (danced only in Forgós Csárdás, shldr-shldr blade pos\*): Step on R to R and start to turn CCW with ptr (ct 1); step on L across in front of R, continuing turn (ct 2); repeat for cts 3,4. May also beg to L, turning CW.

Knees are relaxed and bend easily.

\*Described in Steps and Styling, published by the Folk Dance Federation of California, Inc., 1275 "A" Street, Room 111, Hayward, California 94541.

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MUSIC 4/4

PATTERN

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Measures

Any CSENDES CSÁRDÁS  
Number Beg with outside ft, dance the Three Steps Fwd and Back several times.

VARIATIONS: M may lead either variation at will.

- 1) Ptrs turn 1/2 inward twd each other on the third fwd step (ct 3) to face opp direction. W is now on ML in reverse open pos. Continue the pattern beg fwd with the outside ft.
- 2) Only one ptr turn inward so M and W face opp direction. Hand pos: M inside hand across W waist, outside hand on W shldr. W: Both hands on M shldrs.

To change the direction of the steps from fwd and back to the Three Steps Sdwd pattern, ptrs turn to face each other and take shldr-shldr-blade pos. In this pos, cpls move freely about the dance floor, slightly varying the direction and size of the steps. To return to the Three Steps Fwd and Back pattern, release the shldr-shldr-blade pos and return to open pos.

FORGÓS CSÁRDÁS

Any number Transition from Sdwd Steps to Open Rida: turn gradually during cts 1-3 so L or R hips are adjacent. Depending on which way M leads W during transition, M or W must take a step on ct 4 so outside ft will be free to begin Open Rida turn. Open Rida turn is CCW if L hips are adjacent, CW if R hips are adjacent.

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Dance Open Rida step, beg outside ft. After 3 (or 7, 11, etc.) rida steps, M stop with a stamp, W with a step, on the outside ft (both taking wt), ft apart to brake the turn and help change direction. Continue either with the Open Rida step or with Three Steps Sdwd in the opp direction. Ptrs now have the same ftwk, so the Three Steps Sdwd pattern will turn alternately CW and CCW instead of moving side to side as in the Csendes. To return to the Open Rida step, M turn ptr so hips are adjacent, beg turn on outside ft.

During Forgós Csárdás, mostly Open Rida steps are danced, and the Three Steps Sdwd pattern is used primarily as a transition to change the direction of the turn.

Description written November 1983.

