

# BÉKÉSI PÁROS

Pronounced: Bay-kay-shee Pah-rohsh

Békés county is in the East-Southeast part of Hungary. It is a rich area in the folk dance tradition, with an interesting local Csárdás-style. The Csárdás is based on the Cifra step, and its variations, with partners changing positions, turning, etc.

Source: Original research done by Miklos Rabai. Choreographer of the Hungarian State Folk Ensemble, and George Manninger, floklorist. This particular version was arranged for recreational purposes in the United States By Andor Czompo.

Music: Record, ACP 001, "Békési Páros". The music is in 4/4 meter and each melody consists of 12 measures.

Style: The dance is lively with light and fast footwork.

Formation: Couples scattered anywhere in the room. Partners face in a shoulder-shoulder-blade position.

## PART I

Meas. Ct.

- 1-3 Introduction.
- 4-6 In place, straighten and bend knees in rhythm. Straighten on the beat, bend on the off-beat.
- 7 1 Step on the ball of the Right foot to the Right.
- 2 Step Left across in front of the Right with a slight knee-bend.
- 3 Close the Right foot to the Left, withweight on the balls of both feet, knees straight.
- 4 Bend both knees.
- 8 Repeat Meas. 7 with opposite footwork.
- 9-12 Repeat Meas. 7-8, two more times.

## PART II

- 1 1 Hop on the Left foot. At the same time swing Right foot in front of the Left with heel pointing to the Left.
- 2 Hop on the Left foot. At the same time, swing Right foot outward so that the heel is pointing to the Right.
- 3 Leap in place on the Right Foot.
- & Step on the Left foot in place. } One Cifra step in place.
- 4 Step on the Right foot in place. }
- 2 Repeat Meas. 1 with opposite footwork.
- 3 1 Leap on the Right foot in place.
- & Step on the Left heel beside Right. } Heel Cifra
- 2 Step on the Right Foot in place. }
- 3-4 Repeat cts. 1-2 with opposite footwork.
- 4 1 Click your Right heel to the Left. The Left foot goes to the side slightly, and the weight is on the Right foot.
- 2 Hop on the Right foot.
- 3 Step on the Left foot in front of the Right.
- & Step on the Right foot behind the Left.
- 4 Step with the Left foot to the Left.
- 5-6 Repeat Meas. 4, two more times.
- 7-12 Repeat Meas. 1-6.

Békési Páros (continued)

Meas. Ct.

PART III

- 1 1 Step back on the Right foot.  
2 Hop on the Right Foot.  
3 Step back on the Left foot.  
4 Hop on the Left foot.  
NOTE: In the meanwhile, release the shoulder-shoulder-blade position. Man's Right hand takes the Lady's Right hand. Lady's Left hand is on her hip. Man's Left hand is behind his back.
- 2 1 Step on the Right foot behind the Left.  
2 Hop on the Right foot, bringing Left foot slowly behind the Right.  
3 Step on the Left foot behind the Right.  
4 Hop on the Left foot.  
NOTE: This is a reel-type of step.
- 3 Repeat the "Heel Cifra" of Part II, Meas. 3.
- 4 1 Step forward on the Right Foot.  
2 Hop on the Right foot.  
3 Step forward on the Left foot.  
4 Hop on the Left foot.  
NOTE: With the two step-hops, the Man and Lady change places, passing each other with Right shoulders, and without releasing the hand-hold. Hands are held down as you pass shoulders. Face each other again at the end of the change-over.
- 5-6 Repeat Meas. 2-3.  
7-12 Repeat Meas. 4-6, two more times. With the last two "Heel Cifra" steps, partners join again in the shoulder-shoulder-blade position.

PART IV

- 1-3 1 With a small lift on the Left foot, Right toe touches in front of the Left foot, with a slightly bent and turned-out knee.  
2 "Slide" to a position with both feet apart, weight on both feet, knees bent. During these two counts, make a 1/4 Left turn.  
3 Close the feet together with a little jump.  
4 Repeat ct. 2.  
1 Repeat ct. 3, Meas. 1.  
2 Pause.  
Repeat above with opposite footwork, making almost 1/2 Right turn.  
NOTE: This is a six-count movement phrase overlapping three measures of 4/4 music.
- 4-6 Repeat Meas. 1-3.  
7-8 Do four Upbeat or Open Rida, Beginning with the Right foot.
- 9 1-3 Repeat ct. 1-3 of Meas. 1  
4 Pause.
- 10-12 Repeat Meas. 7-9.

Repeat the dance once more from the beginning.

The directions for this dance are meant only as refresher notes for those who have learned the dance from a qualified teacher.

Dance directions prepared by Ann I. Czompo, Northern Illinois University, DeKalb, Illinois.

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