

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
	←	←	•		→	→	•

Ugros continued.

Downs	both	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.

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	↑	↓	↓