

Régi Hejsza

(Eastern Transylvania)

Régi Hejsza (RAY-gee HAY-sah) or the "Régi" or old "Hejsza" is also known as Lazasca, Arkan, Arcanul, Arkan pozniejzky and Huculka starowycka. It belongs to the Balkan or chain dance layer of dances in the repertoire of the Hungarian-speaking Gyimes Csángó people living in the eastern-most Carpathian Mountains in Transylvania, Romania. It is danced by other ethnic groups in the region as well, and was originally a man's dance. It is generally made up of two parts: a basic Hejsza (similar to a Greek Haseposerviko) and followed by, or interspersed with, stamping variations. It was presented by Stephen Kotansky at the 1986 University of the Pacific Folk Dance Camp. His source was Zoltán Zsuráfczky, Zoltán Kallos and György Martin: A Gyimesi Csángók Táncélete és Táncai (The Gyimes Csángó dance life and dances.) Táncstudomány: Tanulmányok 1969-70 Budapest.

CASSETTE: Garlic Press Productions GPP-001 Side B/1 2/4 meter

FORMATION: Short lines of dancers, "I" pos, belt-hold, or a combination hold: R hand on L shldr of R neighbor and L hand holding belt of L neighbor. Leader at R end, line facing slightly R of ctr.

STEPS and
STYLING: Bounce*.

Brush: A fwd movement of indicated ft, hitting ball of ft on floor in passing.

Čukče: Lift heel of ft with wt on the upbeat and lower it on the beat.

Scuff: A fwd movement of indicated ft, hitting heel forcefully on floor in passing and continuing the motion of the ft beyond that place.

Stamp: A forceful ft contact with dance floor, making sound. Do not take wt unless specified.

Ftwk and styling is heavy, with wt on the whole ft, knees slightly bent simulating a "seated" pos, backs straight.

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

MUSIC 2/4

PATTERN

Measures

INTRODUCTION None.

I. BASIC

- 1 Facing slightly R of ctr, step on R ft fwd in LOD (ct 1); step on L ft fwd in LOD (ct 2).
- 2 Turning to face ctr, step on R ft to R side, while leaning slightly to R (ct 1); bounce on R and lift L ft up slightly diag to L in front (knee bent) and extend it fwd (ct 2).
- 3 Repeat meas 2, reversing ftwk and direction.
- 4-9 Repeat meas 1-3 two times (3 in all).

II. STAMP VARIATION I

- 1 Facing slightly R of ctr, step on R ft slightly to R (ct 1); Stamp L ft slightly in front of R (ct 2).
- 2 Repeat meas 1 with opp ftwk.
- 3 Facing slightly R of ctr, fall onto R ft in place (bend knee) (ct 1); step on L ft beside R (ct 2); step on R ft in place (ct &).
- 4 Repeat meas 3 with opp ftwk.
- 5 Step on R in place (ct 1); fall onto L in place (ct 2).
- 6 Tap R toe behind and across L heel (ct 1); Čukče on L (ct 2).
- 7 Brush and Scuff R heel fwd (leg extended) (ct 1); bounce on L ft (ct 2).
- 8 Facing slightly R of ctr, step fwd R,L in LOD (cts 1,2).
- 9-16 Repeat meas 1-8.
- 17-23 Repeat meas 1-7.

III. STAMP VARIATION II

- 1-5 Repeat Variation I, meas 1-5.
- 6 Lower onto R knee, leg extended back (ct 1); raise up on L ft (ct 2).
- 7 Brush and Scuff R heel fwd (leg extended) (ct 1); bounce on L ft (ct 2).
- 8 Facing slightly R of ctr, step fwd R,L in LOD (cts 1,2).
- 9-16 Repeat meas 1-8.
- 17-23 Repeat meas 1-7.

IV. STAMP VARIATION III

- 1-2 Repeat Variation I, meas 1-2.
- 3-4 Repeat meas 1-2.
- 5 With L knee slightly bent, touch ball of R ft (accented) across and behind L ft (ct 1); Stamp R ft across and in front of L (R toe turned to L) (ct 2).
- 6-8 Repeat Variation I, meas 6-8.
- 9-16 Repeat meas 1-8.
- 17-23 Repeat meas 1-7.

V. STAMP VARIATION IV

- 1-5 Repeat Variation III, meas 1-5.
- 6-8 Repeat Variation II, meas 6-8.
- 9-16 Repeat meas 1-8.
- 17-23 Repeat meas 1-7.

VI. STAMP VARIATION V

- 1-2 Repeat Variation I, meas 1-2.
- 3 Stamp R ft to R side (R toe turned to R) (ct 1); Stamp R ft slightly in front of L (R toe turned to L) (ct 2).
- 4-5 Repeat Variation II, meas 6-7.
- 6-8 Repeat Variation II, meas 6-8.
- 9-16 Repeat meas 1-8.
- 17-23 Repeat meas 1-7.

VII. STAMP VARIATION VI

- 1-6 Repeat Variation V, meas 1-6.
- 7 Stamp R ft in front 3 times, while optionally saying "Hey, Hey, Hey" (cts 1,&,2).
- 8 Repeat Variation I, meas 8.
- 9-16 Repeat meas 1-8.
- 17-23 Repeat meas 1-7.

DANCE SEQUENCE: The dance is done by alternating the Basic pattern with any Stamping Variation for a total of six times. On the seventh time, after the Basic, lengthen the Stamping Variation thusly: Dance meas 1-8 three times (24 meas) plus meas 1-7 (31 meas total). Then resume the regular pattern, again commencing with the Basic. It is up to the leader to decide the sequence of the Stamping Variations. Example: Basic, Variation I, Basic, Variation II, Basic, Variation III, etc.