



RUCHENITSA

Source: IHB#12—Fire Type: Bulgarian dance from Thrace (Trakiya) Rhythm: 7/8 QQS

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This rhythm is very typical for our folk dances. Ruchenitsa as a solo or couple dance is the only dance —popular for all Bulgarian folk areas. In most of the areas there are some variations in an open or closed circle, but they are different everywhere. The variation I introduce to you also is a circle, mixed dance with hands held down. The LOD is to the right in a circle.

Figure 1—8 measures facing centre

Measure

- 1 Lift on L foot, arms are in V position and sway BKWD
Step on R foot to R side, arms sway FWD
Step on L foot next to R foot, arms sway BKWD
- 2 Same as measure 1 above
- 3 Step on R foot to R side, arms sway BKWD
Hold
Step on L foot behind R foot, move arms up to W position
- 4 Step on R foot FWD
Hold
Lift on R foot (keep W position until measure 8)
- 5 Step on L foot FWD
Hold
Life on L foot
- 6 Step on R foot BKWD
Hold
Step on L foot next to R foot
- 7 Step on R foot in place
Step on L foot in place
Step on R foot in place
- 8 Step on L foot in place, arms move to V position
Step on R foot in place
Step on L foot in place

Sequence: Introduction—slow melody. Enjoy Figure 1 to the end of the dance!

