

# TRŪGNALA RUMJANA

*Taught by:* Dave Vinski    *Rhythm:* ordinarily notated in 7/8, w/2 dancer's beats in a "slow-slower" pattern.

*Origin:* As a folk song, Trŭgnala Rumjana [Trug'-nah-lah Roo-myah'-nah] is widely known in many variants—in Macedonia, East Serbia and Bulgaria. In many places it is danced as an ordinary 3-measure Pravo (Lesno). The Bulgarian version given here represents a 4-measure form known as *Pravo* or *Obiknoveno horo* in south-central and south-east Bulgaria (Rhodopes and Strandza). It is a standard national dance taught to Bulgarian children as part of their elementary-school physical education program. It was learned by Dick Crum from Ilija Rizov, lead dancer of the Kutev Bulgarian State Folk Dance Ensemble.

*Style:* Macedonians (or US and Canadian folk dancers accustomed to Macedonian style) learning this dance will have a tendency to divide count 2 into 2 parts - i.e. add an extra bounce, especially in measures 3 and 4, and M will raise active knee rather high in those measures. No Bulgarian would "object" to this, although it is not part of the standardized form as it is taught in Bulgaria.

*Formation:* Open mixed circle or line, arms on neighbour's shoulders ("T" formation) or sometimes w/hands joined at shoulder height ("W" formation).

<u>Measures</u>	<u>Counts</u>	
1	1	Facing slightly R, step R foot to R
	2	Continuing to R, step L foot across in front of R foot
2	1	Turning to face center, step R foot SDWD R
	2	Step L foot behind R foot
3	1	Still facing center, step R foot SDWD R
	2	Point L foot <i>or</i> raise L leg across in front of R
4		Do movements of measure 3 w/opposite footwork and direction

