

~~RUCHENITSA~~  
PLOVDIVSKA RUCHENITSA  
BULGARIAN

THIS DANCE WAS LEARNED BY MARCUS HOLT WHILE ATTENDING SEVERAL VILLAGE WEDDINGS IN THE PLOVDIV REGION OF CENTRAL THRACE DURING THE SUMMER OF 1972.

RECORDS: "XOPO" LP #5, "PLOVDIVSKA RUCHENITSA"  
MUSIC: 7/16 (QUICK-QUICK-SLOW) (CT. 1-2-3)  
FORMATION: ONE LONG LINE WITH HANDS JOINED UP AT SIDES.

- STEPS:
- THRACIAN RUCHENITSA STEP (R):  
STEP ON R FT. IN LOD WITH WT. ON BOTH FEET, BENDING KNEES AS STEP IS TAKEN (L FT. STILL ON FLOOR) (CT. 1-2), LIFT HEEL OF R FT. (HOP WITHOUT LEAVING FLOOR), LIFTING L FT. BEHIND (CT. 3).
- THRACIAN RUCHENITSA STEP (L):  
SAME AS THRACIAN RUCHENITSA STEP (R), BUT WITH OPPOSITE FOOTWORK.
- BASIC RUCHENITSA STEP (R):  
STEP FWD. ON R FT. (CT. 1), STEP FWD. ON L FT. (CT. 2), STEP FWD. ON R FT. (CT. 3).
- BASIC RUCHENITSA STEP (L):  
STEP FWD. ON L FT. (CT. 1), STEP FWD. ON R FT. (CT. 2), STEP FWD. ON L FT. (CT. 3).

- MEAS.
- PATTERN "BASIC"
- 1 - 2 FACING DIAG. FWD. R, DANCE TWO "THRACIAN RUCHENITSA" STEPS MOVING CONTINUOUSLY FWD. (R, L) (L, R).
- 3 STEP DIAG. BKWD. R, FACING DIAG. FWD. L, ON R FT. (CT. 1-2), STEP DIAG. BKWD. R ON L FT. (CT. 3).
- 4 REPEAT ACTION OF MEAS. 3.

- PATTERN "VARIATION"
- 1 - 2 FACING DIAG. FWD. R AND MOVING DIAG. FWD. R, DANCE TWO "BASIC RUCHENITSA" STEPS MOVING CONTINUOUSLY FWD. (R,L,R) (L,R,L).
- 3 STEP DIAG. BKWD. R, FACING DIAG. FWD. L, ON R FT. (CT. 1-2), STEP DIAG. BKWD. R ON L FT. (CT. 3).
- 4 REPEAT ACTION OF MEAS. 3.