

# Radomirska Ruchenitsa

(From Radomir and Vicinity, Shopluk, Bulgaria)

Meter: 7/8 (2+2+3) - Styling is bouncy and energetic. Arms are in a belt hold ( na lessa). Each figure is 10 measures.

Each measure can be counted "one (1) - two (2) - three (3)".

This dance can be done to many different pieces of music.

## Figure 1

Measures:

- 1-2. Moving backwards in LOD. "Choukche" on L (1); step on R (2); step on L (3).
3. Tiny leap onto R to R facing center (1); step on L to R crossing in front of R (2); step on R to R (3).
4. Tiny leap onto L to R crossing behind R (1); step on R to R (2); step on L to R crossing in front of R.
5. Same as measure 3 but L is crossing behind R (2).
- 6-7. "Choukche" on R, "Iztursi" with L in front of R (1); step on L (2); step on R (3).
8. As in measures 6-7 (1,2); "Choukche" on L, hooking R in front of L (3).
9. "Krustosana ruchenichna": Leap onto R (1); tiny leap onto L in front of R (2); tiny leap onto R (3).
10. Leap onto L behind R pivoting R knee in front of L (1); step on R (2); step on L toward center crossing in front of R, bending the upper body with a dip (3).

## Figure 2

Measures:

- 1-4. Same as in Figure 1.
- 5-6. Hop on L, R knee pivoting L across L (1); step on R behind L (2); step on L (3).
7. Hop on L (1); step on R (2); step on L across R (3).
8. Three tiny leaps in place – RLR, (or scissors).
9. Bounce on R, L across R in the air (1,2); bounce on R, L to L in the air (3). Left leg, working together with the upper body resembles the motion of a pendulum.
10. Tiny leap on L behind R (1); step on R (2); step on L forward with a dip of the whole body (3).

## Figure 3 - Facing center.

Measures: 1-2 (forward); 3-4 (back); 5-10 (in place).

1. "Choukche" on L twice (1,2); step on R (3).
2. "Choukche" on R twice (1,2); step on L (3).
3. Same footwork as in measure 1.
4. Same footwork as in measure 2.
5. Dip on L and touch with R to R (1,2); hooking R in front of

L and accent with the upper body (3).

6. Hop on L (1); step on R (2); step on L to R crossing in front of R, knee accent with R (3).

7. Step on R (1); step on L (2); step on R to L crossing in front of L, knee accent with L (3).

8-10. Same as measures 5-7 but with opposite footwork.

*Described and presented by Yuliyana Yordanova, © 2005*