

Rùsa

(Bulgaria)

Rùsa is a women's dance from the Bulgarian Mohammedans who live in the village of Kòchan, West Rhodopi Mountains. They dance it only twice a year—in March and in December when they celebrate their religious holiday, "Bairàm." Rùsa is a led, simple dance in an open circle with unusual and interesting form. The women dance, always singing the song, "Rùsa." Iliana believes the dance was created because of this particular song.

Pronunciation:

CD: IBLD#8, "Bulgarian Folk Dances—Summer 2001," Band 5. 2/4 meter

Cassette: "Bulgarian Folk Dances—Summer 2001," Side A/5.

Formation: Open circle of dancers alternating back to ctr and facing ctr of circle, hands joined down, R in R and L in L with neighbor. As the dance begins, dancers alternate facing RLOD and LOD—odd numbers moving bkwd, even numbers moving fwd. During the dance, the W are facing each other, turning periodically (after every 20 meas) to their R or L neighbor.

Meas

Pattern

8 meas

INTRODUCTION. No action.

FIGURE I

- 1 Step on R in LOD (CW) (ct 1); hold (ct 2).
- 2 Touch toes of L ft next to R (ct 1); hold (ct 2).
- 3 Step on L in LOD (ct 1); hold (ct 2).
- 4 Touch toes of R ft next to L (ct 1), hold (ct 2).
- 5-12 Repeat meas 1-4 twice.
- 13 Step on R in place while turning to face ctr (ct 1); hold (ct 2).
- 14 Facing ctr, touch toes of L ft next to R (ct 1); hold (ct 2).
- 15 Step fwd on L to ctr (ct 1); hold (ct 2).
- 16 Close R next to L while squatting slightly (ct 1); hold (ct 2).
- 17 Step bkwd on R while straightening body (ct 1); hold (ct 2).
- 18 Touch toes of L next to R (ct 1); hold (ct 2).
- 19 Step on L in place while turning to face neighbor (ct 1); hold (ct 2).
- 20 Touch toes of R ft next to L (ct 1); hold (ct 2).

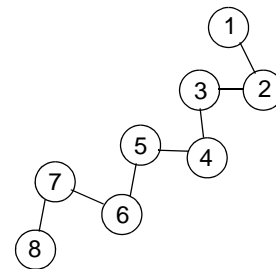


FIGURE II

- 1-12 Repeat Fig I, meas 1-12 with ftwk reversed (the person who was moving fwd is now stepping bkwd, the person moving bkwd now stepping fwd).
- 13 Step on R in place while turning back to ctr (ct 1); hold (ct 2).
- 14 Facing away from ctr, touch L toes next to R ft (ct 1); hold (ct 2).
- 15 Step fwd on L ft, away from ctr (ct 1); hold (ct 2).
- 16 Close R ft next to L while squatting slightly (ct 1); hold (ct 2).
- 17 Step bkwd on R while straightening body (ct 1); hold (ct 2).
- 18 Touch L toes next to R ft (ct 1); hold (ct 2).

Rùsa—continued

- 19 Step on L in place while turning to face LOD (ct 1); hold (ct 2).
20 Touch R toes next to L ft (ct 1); hold (ct 2).
Arms:
1-12 Keep arms in V-pos.
13-14 Bring arms gradually up to W-pos.
15-16 Keep arms in W-pos.
17-18 Bring arms gradually down to V-pos.
19-20 Keep arms in V-pos.

Continue alternating Fig I and Fig II until end of music.

Presented by Iliana Bozhanova

Rusa

I Break

Ru- sa vuz ro- sa vur- ve-

she, Ru- sa vuz ro- sa

Rusa—continued

Musical notation for the first system of the song 'Rusa'. It consists of two staves in G major. The melody is written on the upper staff, and the accompaniment is on the lower staff. The lyrics are: vur- ve- she i lu- do.

Musical notation for the second system of the song 'Rusa'. It consists of two staves in G major. The melody is written on the upper staff, and the accompaniment is on the lower staff. The lyrics are: mla do po ne- ya. po ne- Ru- so, mo- me, le!

Musical notation for the 'II Break' section. It consists of three staves in G major. The melody is written on the upper staff, and the accompaniment is on the lower two staves. The section is marked 'II Break'.

Musical notation for 'The song' section. It consists of one staff in G major. The melody is written on the staff. The section is marked 'The song'.