

Dobrudzhanska Ruchenitsa

Meter: 7/8 (2+2+3) = QQS = 123

Learned from Yuliy Yordanov at New Mexico August Folk Dance Camp, 2011

Style: Knees are slightly bent. There is subtle bouncing throughout dance. Steps are small.

Steps may be emphasized according to individual taste. Generally, men's steps are heavier and sharper.

Starting position: hands joined down, arms back, facing center. Spacing of dancers in the line is fairly close.

Meas

- 1 Keeping torso fwd towards center, twist lower half right (CW) as you step L across R (1); Arms swing fwd as torso follows lower half in twisting right (CW) (2); Sharp but subtle leap to right onto R as arms pull sharply back (3);
- 2 Twist lower half to L (CCW) as you step L crossing behind R (1); Arms swing fwd as torso twists slightly L (CCW) (2); Leap to right onto R as arms pull sharply back (3);
- 3 Step fwd on L, bring arms fwd and up slightly above shoulder height (1-2); Touch or stamp right heel (or full foot) next to L, Arms come slightly back and down bouncing a bit at shoulder height (completing a "reverse waterfall" motion) (3);
- 4 Step back on R as arms again bounce and begin an "up and over" motion (1-2); Tap left heel next to R as arms come out, down (into a "V" hold), and slightly back to complete a "waterfall" motion. (3);

Dance (four measures above) repeats until music ends.

Variations: Women can give a flick of the hip on the leaps to the side on count 3 in meas 1 and 2. Also, on count 3, meas 4, women can, instead of tapping left heel, lift L at the knee in preparation for stepping L on count 1 of meas 1.

Men, on meas 3, can substitute footwork: Step fwd L (1); hop on L (2); leap slightly fwd onto R (3); And on meas 4: Squat down onto both (1); Coming back up leap onto R while left heel turns out to the side and lifts at the knee, similar to women's variation, above. Arms remain essentially the same. (Think: last step of *Pandalas*).

Note: This dance may look easier than it is; be patient!