

Izrouchanka

(Bulgaria)

This is a dance from the village of Gradets (Vidin area, Northwest Bulgaria). It is a mixed dance in a 2/4 meter. The dance has one figure in 12 measures.

Pronunciation:

CD: CD1, Band 4.

2/4 meter

Formation: Open semi-circle facing ctr; belt hold (“na lessa”).

Meas

Pattern

- 1 Tap R toes in front of L (ct 1); repeat ct 1 (ct 2).
- 2 Step bkwd on R (ct 1); step on L across in front of R (ct 2).
- 3 Step on R in place (ct 1); step on L to L (ct 2).
- 4 Small hop on L, R ft touching the ground in front of L (ct 1); step on R to R (ct 2).
- 5 Step on L across in front of R (ct 1); step on R in place (ct 2).
- 6 Squat step on L to L (ct 1); step on R to L (ct &); step on L in place (ct 2).
- 7 Squat step on R to R (ct 1); step on L to R (ct &); step on R in place (ct 2).
- 8 Repeat meas 6.
- 9 Step on R to R (ct 1); hop on R to R (ct &); step on L to R (ct 2).
- 10 Repeat meas 9.
- 11 Facing ctr, step on R to R (ct 1); step on L behind R (ct 2).
- 12 Step on R in place (ct 1); step on L in place (ct 2).

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