

IZRUČANKA

(Mizia, Bulgaria)

Izručanka is a very popular dance throughout the area around the city of Vidin, northwestern Mizia. This is Bulgarian line dance, bearing some characteristics of Serbian influence. The Bulgarian-Serbian border passes only a few miles west of the area. In various villages, the name of the dance appears the same, but the patterns are sometimes completely different. This Izručanka is from the village of Gradec in the Vidin region.

SOURCE: Group for ethnic dances from Gradec.

PRONUNCIATION: Ihz-ruh-CHAHN-kah

MUSIC: Cassette: Folk Dances from Bulgaria - NK 1995.03.

RHYTHM: 2/4 meter counted 1,2 or 1 &, 2 &.

FORMATION: Open circle, belt-hold pos, L over R.

STYLE: Mizijski: small, jumpy steps; ankles and knees reacting with bounces; relaxed upper part of the body, so that shoulders and arms can reflect the ftwk with tiny bounces.

METER: 2/4

PATTERN

Meas

1-4 INTRODUCTION. No action.

- 1 Facing LOD, leap fwd onto R (ct 1); leap fwd onto L (ct 2).
- 2 Repeat meas 1.
- 3 Facing ctr, leap sdwd R onto R (ct 1); leap onto L behind R (ct 2).
- 4 Tap L heel, touching floor with R toes in front of L (ct 1); repeat ct1(ct 2).
- 5 Leap onto R next to L, lifting L knee (ct 1); leap onto L in front of R (ct 2).
- 6 Leap onto R behind L (ct 1); leap onto L in front or R (ct 2).
- 7 Tap L heel, touching floor with R toes in front of L (ct 1); leap onto R behind L, lifting L knee (ct 2)
- 8 Leap onto L in front of R (ct 1); leap onto R behind L (ct2).
- 9 Accented leap sdwd L onto L ,bending knee (cts 1,&); step on R next and half a foot in front of L (ct 2); step on L next and half a foot in front or R (ct &).
- 10 Repeat meas 9, with opp ftwk and direction.
- 11 Repeat meas 9.
- 12 Repeat meas 9 with opp ftwk and direction.
- 13 Repeat meas 9.

Suggested sequence:

The dance starts with meas 4.

Repeat the whole pattern.

The dance ends on meas 8 with a stamp on L next to R (ct 1).

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Presented by Michael Ginsburg & Belle Birchfield at the Laguna Folkdancers Festival 2006