

SOPSKA RUCENICA  
Bulgaria

SOURCE: The dance is from western Bulgaria. Sources are:  
Bulgarski Tanci, Margarita Dikova and Marija Kunceva,  
1961. Bulgarski Scenični Tanci, Kiril Dženev, 1968.  
This dance was taught at an Aman Institute in the early  
1970's.

RECORD: AMAN 103

FORMATION: W in belt hold (L over R). Knees slightly bent  
throughout dance.

RHYTHM: 7/16 counted as:  $\frac{1-2}{1}$   $\frac{3-4}{2}$   $\frac{5-6-7}{3}$

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METER: 7/16

PATTERN

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Meas.

Introduction: Start at the beg of any musical phrase.

FIG. I:

- 1 Bounce on L heel, lift R slightly in prep (ct 1); step R to R (ct 2); close L to R (ct 3).
- 2 Repeat meas 1.
- 3 Facing slightly R of ctr, step R,L,R fwd (ct 1-3).
- 4 Repeat meas 3, with opp ftwk
- 5 Facing L of ctr, step R to R as L is lifted in front of R, and turned slightly out (ct 1-2); hold (ct 3).
- 6-10 Repeat meas 1-5, with opp ftwk and direction.

FIG. II:

- 1-3 Repeat Fig. I, meas 1-3 (tap L, R to R, close L; repeat; RLR fwd)
- 4 Facing ctr, leap L to L (ct 1); step R in front of L (ct 2); step R bk in pl (ct 3).
- 5 Repeat meas 4 with opp ftwk.
- 6 Hop on R (ct 1); step L to L (ct 2); step R in front of L (ct 3).
- 7 Step L bk in pl (ct 1); close R to L (ct 2); step L fwd (ct 3).
- 8 Jump in place on both ft (cts 1-2); bounce on L as R lifts slightly fwd and turned in (ct 3).
- 9 Bounce on both ft (ct 1); bounce on L, lift R very slightly (ct 2); step on R as L lifts slightly and turns in (ct 3).

- 10 Bounce on both ft (ct 1); bounce on R, lift L very slightly (ct 2); step L fwd (ct 3).

FIG. II:

- 1 Turning to face slightly L of ctr, bounce on L, lift R slightly (ct 1); step R bkwd (ct 2); step L beside R (ct 3).
- 2 Repeat meas 1.
- 3 Turning to face slightly R of ctr, step R fwd (ct 1); step on ball of L ft beside R heel (ct 2); step R fwd (ct 3).
- 4 Repeat meas 3 with opp ftwk.
- 5 Turning to face ctr, step R to R (ct 1-2-); bounce on R as L lifts slightly across R (ct 3).
- 6 Bounce on R as L lifts slightly (ct 1); step L to L (ct 2); step R across L with bent knees (ct 3).
- 7 Bounce on R as L lifts slightly (ct 1); step L to L (ct 2); step R behind L with bent knees (ct 3).
- 8 Close L to R locking knees (ct 1-2); bend knees sharply shifting wt to L (ct 3).
- 9-10 Repeat meas 3-4 twd ctr.

FIG. IV:

- 1-4 Repeat Fig. III, meas 1-4. (bounce L, R bk, L in pl; R fwd, close L, R fwd).
- 5 Leap diag R fwd on R (ct 1); lift L slightly fwd (ct 2); hop on R (ct 3).
- 6 Leap on L twd ctr, bend fwd (ct 1-2); step R fwd with accent (ct 3).
- 7 Repeat meas 6.
- 8 Bounce on R, lift R slightly (ct 1); step L fwd (ct 2); hop on L as R kicks fwd low to ground, lock R knee (ct 3).
- 9-10 Repeat Fig. III, meas 3-4. (bounce L, R bk, close L; R fwd, close L, R fwd)

Presented by Vicki Mahue  
Laguna Institute, Feb. 1986