

Rugen

(Norway)

A “turdans” (“figure dance”) with “runddans” (“turning dans”) elements. Rugen (a Reinlender melody with special phrasing)

Pronunciation: ROO-gehn

Music: 2/4 meter CD: *Balkan and Beyond – Stockton 2009*, Band 8.

Formation: Couples in a circle, social dance position, M’s L shldr and W’s R shldr twd ctr. Ftwk is for M, W use opp ftwk.

Styling: On hop, opp ft is low in front of supporting ft. Hops are slightly more exuberant than Swedish hops.

<u>Meas</u>	Music: 2/4 meter	<u>Pattern</u>
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INTRODUCTION

I. FIRST DANCE PATTERN

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| 1-2 | Facing ptr and moving sdwd twd ctr: Step on L to L, leaning slightly L (ct 1); step on R next to L, leaning slightly R (ct &); repeat 2 more times (cts 2,&,3,&); end with stamp (taking wt) on L (ct 4); hold (ct &). This is: Side-together-side-together-side-together-stomp. M lean slightly twd ctr on the counts. |
| 3-4 | Repeat with opp ftwk and arm movements moving away from ctr. M lean slightly away from ctr on the counts. |
| 5 | Cpls rotate slightly CCW): Side-together-stomp (cts 1 & 2 hold). M stays in place; W rotates slightly CW around M. |
| 6 | Cpls moving away from ctr (and rotating slightly CW): Side-together-stomp (cts 1 & 2 hold). M stays in place; W rotates slightly CCW around M. |
| 7-8 | Continuing to rotate CW as a cpl while progressing around the room CCW: 4 step-hops (as in the turning part of a Reinlender). Make 2 complete turns if you can. |
| 9-12 | Repeat meas 5-8. |

Note: Rugen can be made into a mixer by having ptrs turn away from each other during meas 11 and 12. M turn over L shldr with 4 step-hops to meet the W behind them. W rotate once to R moving fwd LOD with 2 step-hops, then move into ctr to meet new ptr with last 2 step-hops (crossing L in front of R on 4th step-hop.)

Lyrics: // **Rugen, rugen, fire mark og tolv** // (“En-to-tre-fire-fem-seks-SJU!”)
 // Nei **det** var ikke **sant**, du **lyver** nå **iblant**,
 Jeg **ga** deg en **dalar**, og **det** var **kontant**. //

Presented by Lee Otterholt