

RUKA

(Bulgaria)

This dance came from the Dobrujan ethnographic region which is located in the northeastern part of Bulgaria. The dances from this region represent the typical Bulgarian feeling, and unusual style of dancing. The feeling of the people comes from the pride of knowing that after hard work in the rich soil they will produce the finest agriculture in the country, and this they express in the joy and happiness of their dance.

The most expressive dance from this region is Ruka. The name of the dance came from the position of the dancers which is holding hands.

When Petur Iliev made his expedition to this region in 1984, he was fascinated watching the old people enjoying doing this particular dance.

PRONUNCIATION: RUH-ka

FORMATION: Big open circle, men and women together, arms in W position.

STYLE: The men's style is characterized by deeply bent knees, arched back and raised backside. The women stand straight and carry themselves proudly.

MUSIC:

METER: 2/4

PATTERN

Meas Count

PART I 16 Measures

- | | | | |
|---|---|--------------------------------|------------------|
| 1 | 1 | Step with R foot to the right. | |
| | 2 | Hop with R foot. L up |) Facing 45 deg. |
| 2 | 1 | Step with L foot to the right |) to the |
| | 2 | Hop with L foot, right up. |) Right |
| 3 | 1 | Step with R foot to the right. | |
| | 2 | Step behind with L foot. | |
| 4 | 1 | Step with R foot in place. | |
| | 2 | Stomp with L heel in place. | |

ARMS: Measures 1 and 2: arms are in W position and move slightly up and down gently.

Measure 3: bring arms straight out from W position then down and a little behind. Measure 4: bring arms back to the original W position

REPEAT PART I FOUR TIMES.

PART II 8 Measures

- | | | |
|---|-----|---------------------------------|
| 1 | 1 | Step R foot in front |
| | 2 | Step L in front |
| 2 | 1-2 | Step with R foot in front. L up |
| 3 | 1 | Step back with L foot |
| | 2 | Step back with R foot. |
| 4 | 1-2 | Step with R foot back, L up. |

ARMS: Stay in position W and move slightly up and down.

REPEAT PART II TWO TIMES

PART III 8 Measures

- | | | |
|---|-----|-----------------------------------|
| 1 | 1 | Step with R in front. |
| | 2 | Touch L heel and up. |
| 2 | 1 | Step with L in front. |
| | 2 | Touch R heel and up. |
| 3 | 1 | Step with R in front. |
| | 2 | Step with L. |
| 4 | 1-2 | Step with R in front, L foot up. |
| 5 | 1 | Step back with L foot. |
| | 2 | Step back with R foot. |
| 6 | 1-2 | Step back with L. R up. |
| 7 | 1-2 | Stomp with R leg in front (once) |
| 8 | 1-2 | Stomp with R leg in front (once). |

ARMS: Measure 1 arms go from position W straight out, down and back. Measure 2 arms return to original W position. Measures 3 and 4 move arms in position W up and down. Measures 5 and 6 repeat Measures 1 and 2. Measures 7 and 8 move arms in position W up and down.

REPEAT THE DANCE FROM THE BEGINNING