

Brestaška Ručenica

(Bulgaria)

From Brestak, Dobrudja, Bulgaria, the dance was learned from Belčo Stanev, Varna, Bulgaria.

Pronunciation: bray-STAHSH-kah ruh-cheh-NEE-tsah

Music: Kotansky 1999 Camp Tape

Rhythm: 7/16 counted as 1 2 3 (QQS).

Formation: Open circle, hands joined in W-pos.

Steps: Ručenica step: Step fwd on R with a slight sinking into the knees (ct 1); step fwd on L (ct 2); step fwd on R (ct 3). Step alternates.

Meas

Pattern

6 meas

INTRODUCTION

PART I

- 1 Facing ctr, step fwd on L (cts 1-2); Čukče (raise and lower supporting heel) on L (ct 3).
- 2 Step bkwd on R (ct 1); step bkwd on L (ct 2); step on R beside L (ct 3).
- 3 Step on L to L (cts 1-2); step on R next to L (ct 3).
- 4-6 Repeat meas 1-3.
- 7 Step fwd on L (ct 1); step fwd on R (ct 2); step fwd on L (ct 3).
- 8 Step fwd on R (ct 1); step fwd on L (ct 2); step fwd on R (ct 3).
- 9 With ft together, sink or plie with both knees (ct 1-2); hop on L, lifting R ft slightly and beg to turn to R (ct 3).
- 10-12 With 3 Ručenica steps, beg with R (9 steps), release hand hold and make a backward "S" (a rounded "Z") away from ctr, ending facing R of ctr and rejoining hands. During these 3 steps, the open circle expands and the hands are at head height, playfully leading the movement.

PART II

- 1 Facing R of ctr, reaching L leg fwd (leaning upper body slightly back), step fwd on L (cts 1-2); step fwd on R (ct 3).
- 2 Repeat meas 1.
- 3 Step fwd on L (ct 1); step fwd on R (ct 2); step fwd on L (ct 3). (Ručenica step)
- 4 Step fwd on R (ct 1-2); Čukče on R in place (ct 3).
- 5-6 Still facing R of ctr, dance 2 Ručenica steps bkwd beg with L.
- 7-12 Repeat meas 1-6

Presented by Stephen Kotansky