

Doyrenska Ruchenitsa

From the village of Doyrentsi, Lovech region, north central Bulgaria

Meter: 7/8 (2+2+3) - Styling is springy. For most of the dance the arms are in a "V" hold, swinging forward on (1-2) and back on (3) of each measure.

The basic motion is the "Ruchenichna" - (three leaps). Depending on the first leap, the Ruchenitsa is further defined as either L or R.

Weight is on L foot.

Figure 1 - Basic.

Measures:

1. Ruchenichna with R to R (LOD).
 2. Step and bounce on L to the R in front of R.
 3. Step and bounce on R to R.
 4. Ruchenichna with L.
- There are many variations based on these two patterns.

Figure 2 - Toward center [measures 1-4] and back [measures 5-8]; weight on L foot.

Measures:

- 1-3. Ruchenichna with crossing (every second leap of each measure crosses in front of the supporting foot)
Note: Measures 1-3 can also be done with the basic Ruchenichna.
4. Step onto L, kick with R
- 5-7. Three step-bounces backward
8. Ruchenichna with L.

Figure 3 - Facing RLOD, move backward in LOD

Measures:

1. Touch with R heel, arms go to "W" position (1-2); leap back onto R (3)
2. Same as Measure 1, but on (3) arms go down behind body
3. Step back on R, arms start basic swinging (1-2), leap back onto L (3)
4. Same as Measure 3, but on (3) arms come up

Figure 4 - Usually done when the tempo gets faster or emotions become more intense. The leading end of the line moves toward the center for a phrase; as the leader moves back, the tail end of the line might move toward the center. This can be done with the basic Ruchenichna step or with a combination of Figures 1 and 2. At some point in the dance, Figure 4 is followed by the line breaking into small groups of solo dancers.

Described and presented by Yuliyana Yordanov, ©2004