

# JAMBOLSKA RUCHENITSA

## YAMBOLSKA RUCHENITSA

This dance, presented by Marcus Moskoff, is from the repertoire of the Strandzha Folklore Ensemble of Burgas, Bulgaria.

Record: "M. Moskoff Introduces Song and Dance from Bulgaria" Vol. I "Yambolska Ruchenitsa"

Music: 7/16 (quick, quick, slow)

Formation: Couples joined with front basket hold facing counterclockwise circle-formation

### MEAS. PATTERN I "TRAVEL"

- 1-2 Couples facing and moving counterclockwise dance two Ruchenitsa steps fwd. (R-L-R) (L-R-L).
- 3 Leap on R ft. fwd., leaving L ft., still on ground (ct. 1), hop on R ft., while lifting L ft. fwd. (ct. 3).
- 4 Leap on L ft. fwd., leaving R ft. still on ground (ct. 1), hop on L ft., while lifting R ft. fwd. (ct. 3).
- 5-6 Repeat action of meas. 1-2.
- 7-8 Dance two scissors-Ruchenitsa steps in place. (R-L-R) (L-R-L).  
9-32 (Repeat Pattern I 3 more times, on last set of scissors before moving on to Pattern II, dance 2 basic Ruchenitsa steps instead. Man backs away to face partner with back to center, woman backs away to face partner while facing center. Couples drop hands.)

### PATTERN II "FLIRT"

- 1 Facing diag. fwd. L step fwd. with one Ruchenitsa step. (R-L-R)
- 2 Facing diag. fwd. R step fwd. with one Ruchenitsa step (L-R-L)
- 3 Facing diag. fwd. L step bkwd. with one Ruchenitsa step (R-L-R).
- 4 Facing diag. fwd. R step bkwd. with one Ruchenitsa step (L-R-L)
- (The above movement should describe a diamond with rounded edges on the floor)
- 5-16 (Repeat Pattern II 3 more times.)

### PATTERN III "CROSS-OVER"

- 1 (Facing each other, partners exchange places passing L shoulders). Step fwd. on R ft. bending R knee (ct. 1), step on
- 2 L ft. next to R ft. (ct. 3). Step fwd. on R ft. bending L knee (ct. 1), step on R ft. next to L ft. (ct. 3). Turning to
- 3-4 Face partner dance two Ruchenitsa steps in place (R-L-R) (L-R-L).
- 5-8 (Women repeat action of meas. 1-4, pattern II). Men strike R heel fwd. in front of L ft. (ct. 1), step on R ft. next to L ft. (ct. 2), strike L heel fwd. in front of R ft. (ct. 3).
- 9-12 Dance one basic Ruchenitsa step in place (L-R-L).
- 13-16 Repeat action of meas. 5-8. 9-10 (Repeat Pattern III 3 more times)
- 17-82 (Repeat Pattern II 4 times and start dance from beginning)

### HANDWORK OF PATTERN II FOR WOMEN

Hands being held fwd. (about one foot out and one foot apart, palms facing fwd., fingers up but not spread apart, fingertips being held at eye level) are lowered to waist level (ct. 1), turn palms inward to face body, bring fingers in to cup hands, turn palms outward, raise hands slightly (ct. 2), flip up fingers to straighten hands while bringing hands to original starting position (ct. 3). Each movement (cts. 1-3) is applied to one Ruchenitsa step (cts. 1-3) of Pattern II.

cont

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(CONTINUED)

HANDWORK OF PATTERN III FOR WOMEN

Dance first four meas. with hands on hips. Dance following four meas. executing four repetitions of "Handwork of Pattern II for women", only using R hand while L hand remains on hip.

HANDWORK OF PATTERN II FOR MEN

Arms being held at chest level are placed as follows: R arm is bent at elbow with forearm horizontally across chest, hand held straight, fingers are not spread, palm faces outward fwd., hand bends back slightly at wrist. L arm is held with elbow straight back to L side at 45° angle from body (facing down), hand held straight, fingers are not spread, palm faces down to floor, hand bends back slightly at wrist. Maintaining fluid motion bring hands and arms across front of body to exchange places at L side of body. (Bend L arm at elbow while swinging across in front to end up at chest level/straighten R arm to end up at 45° angle from R side of body). (Meas. 1-2) continuing fluid motion pretend to paddle a canoe first on the right side of body then on the left side of body. (Meas. 3-4).

HANDWORK OF PATTERN III FOR MEN

Placing hands on hips dance first four meas. of Pattern III. Dance following four meas. while placing R hand on back of head (imitating man tipping fur cap to woman) and L hand on hip.

Presented by Marcus Holt Moskoff