

KJUSTENDILSKA RUCENICA

BULGARIAN LINE DANCE

BELT HOLD (commonly done with hands held down)

Meter : 7/8 !! !! !!!

1 2 3

q q s

Meas. 1,2 – Facing opposite LOD, two hop-step-steps hopping on L travelling backwards in LOD.

Meas. 3 – Turn to face LOD and do three small running steps (RLR) in LOD

Meas. 4 – Three small running steps (LRL)

Meas. 5 – Step R and face center (1), hop on R while lifting L (3)

Meas. 6 – Travelling to L, hop on R (1), step L to L (2), step R across in front of L (3)

Meas. 7 – Hop L (1), step L to L (2), step R behind L (3)

Meas. 8 – Step L to L (1), hop on L while kicking R directly in front of L (3)

Meas. 9 – Touch ball of R foot in front of L (1), bounce on L (2), step R in front of L (3)

Meas. 10 – Touch L to L diagonally in front of R (1), bounce on R (2), step L across and in front of R (3)