

Presented by Dick Crum

MUŽKO TROJNO
(Bulgarian)

Mush'-koo troy'-noo -- is a Men's Bulgarian dance

RECORD: Any fast 2/4-time Bulgarian dance tune may be used.
We use "Nadlzh" horo, on NP 595 "Bulgarian Songs and Dances".

FORMATION: Men in short lines, using belt hold, R arm under, L arm over.

BASIC STEP: This Basic Step is done in between the various show-off figures described below. While all are dancing the Basic Step, the leader, at his discretion, shouts the command signal for the particular figure to be done.

Meas

- 1 Step fwd with L (ct 1) kick R fwd (ct 2)
- 2 Step back with R, at same time stepping on L toe in front of R ft (ct 1). You momentarily share the wt on both ft. Step back with L, at same time stepping on R toe in front of L (ct 2) Weight momentarily on both.
- 3 Step on R (ct 1) hop on R, swinging L over across (ct 2)

MUSIC: 2/4

PATTERN

Meas

FIG I: ("SECHI!")

- 1 Step fwd with L (ct 1) pause (ct 2)
- 2 Slap R ft down across in front of L, starting with R ft high fwd R and ending bwd L (ct 1) pause (ct 2)
- 3-4 Do the movements of meas 2, two more times for a total of 3
- 5 Step back with R (ct 1) kick L over across (ct 2)

FIG II ("TROJNO!")

- 1 Step fwd with L (ct 1) pause (ct 2)
- 2 Step R to L in front of L ft (ct 1) step L with L ft (ct 2)
- 3 Repeat meas 2
- 4 Step R to L in front of L (ct 1) hop on R, turning to face R (ct 2)
- 5-7 Repeat meas 2-4, but to R with opp ftwk.
- 8-13 Repeat meas 2-7
- 14 Step fwd with R (ct 1) pause (ct 2)

Continued...

FIG III: ("KOPAJ!")

- 1 Step fwd with L (ct 1) pause (ct 2)
- 2 Brush (slap) R ft down and back thru (ct 1) pause (ct 2)
- 3-4 Repeat meas 2, two more times for total of three
- 5 Swing R ft fwd (ct 1) pause (ct 2)
- 6 Go into deep knee bend (ct 1) and rise with L ft free (ct 2)
- 7-8 Two slow steps fwd, L,R.

FIG IV: ("KURSHI")

- 1 Step fwd on L (ct 1) pause (ct 2)
- 2 Step on R beside and to L of L (ct 1) hop on R, bringing L ft around in front (ct 2)
- 3 Step on L beside and to R of R ft (ct 1) hop on L, bringing R around in front (ct 2)
- 4-8 Repeat movements of meas 2-3 twice more, then an extra repeat of meas 2.

Note: The sequence for meas 2-8 is seven crossed step-hops, beginning with R ft.

FIG V: ("KLUTSNI!")

- 1 Step fwd on L (ct 1) pause (ct 2)
- 2 Bend over and "grind" R heel next to L toe (ct 1) pause (ct 2)
- 3-4 Two more "grinding" steps with R heel, total of three
- 5 Straighten up and hit R heel against L heel, taking wt on both feet (ct 1) pause (ct 2)
- 6 Hit L heel against R heel, taking wt on both feet (ct 1) pause (ct 2)
- 7 Hit R heel against L heel as in meas 5