

PLOVDIVSKA RUCHENKA

PLOVDIVSKA RUCHENITSA

Central Thrace, Bulgaria

This dance was learned by Marcus Holt while attending several village weddings in the Plovdiv region of Central Thrace during the summer of 1972.

Translation: Ruchenitsa from Plovdiv.

Record: (XOPO #5)

Music: 7/8 (short, short, long).

Style: Thracian style is "heavy", knees bent, feet apart.

There is a feeling of flexing the knees on the 1st and 3rd beats of every measure. *shoulder level in "W" pos.*

Formation: One long line with hands joined at the sides.

Steps: Thracian Ruchenitsa Step (R):

Step on R ft in LOD with wt on both ft, bending knees as step is taken (L ft still on floor) (cts 1-2); lift heel of R ft (hop without leaving floor), lifting L ft up behind (ct 3).

Thracian Ruchenitsa Step (L):

Same as Thracian Ruchenitsa Step (R), but with opp ftwrk.

Basic Ruchenitsa Step (R):

Step fwd. on R ft (ct 1), step fwd on L ft (ct 2), step fwd on R ft (ct 3).

Basic Ruchenitsa Step (L):

Same as Basic Ruchenitsa Step (R), but with opp ftwrk.

Meas. Figure I.

- 1-2 Facing diag fwd R, dance two Thracian Ruchenitsa Steps moving continuously fwd (R,L) (L,R).
- 3 Step diag bkwd R on R ft (ct 1), step diag bkwd R on L ft (ct 3).
- 4 Repeat action of meas. 3.

Meas. Figure II.

- 1-2 Facing diag fwd R, dance two Basic Ruchenitsa Steps moving continuously fwd (R,L,R) (L,R,L).
- 3 Step diag bkwd R on R ft (ct 1), step diag bkwd R on L ft (ct 3).
- 4 Repeat action of meas 3.

Note: ~~Steps~~ ^{Figures} are interchanged at will of each dancer.

Marcus
Holt
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