

SOPSKA RUCENICA  
(West Bulgaria)

Source: Bŭlgarski Tanci, Margarita Dikova and Marija Kuncева, 1961. Bulgarski Scenični Tanci, Kiril Dženev, 1968.

Record: AMAN - 103

Time: 7/16 (ct.1,2,3)

Position: Ladies' dance, belt hold. Knees slightly bent throughout.

Measure: Step I

- 1-2 Tap with L. heel while stepping side R. (ct.1,2). Close L. to R. taking wt. (ct.3). Repeat measure 1.
- 3-4 Turning slightly Rt. step fwd. on R. (ct.1). Step fwd. on L. (ct.2). Step fwd. on R. (ct.3). Repeat with opposite ftwk.
- 5 Turning to face center-L., step side R. lifting Lft. leg in front of Rt., slightly turned out (ct.1,2). Hold (ct.3).
- 6-10 Repeat measures 1-5 to opposite direction with opposite ftwk.

Step II

- 1-3 Same as in Step I.
- 4 Turning to face center leap side L. (ct.1). Step on R. in front of L. (ct.2). Step back into place on R. (ct.3).
- 5 Repeat measure 4 with opposite ftwk.
- 6 Hop on R. (ct.1). Step side L. (ct.2). Step on R. in front of L. (ct.3).
- 7 Step back on L. (ct.1). Close R. to L. (ct.2). Step fwd. on L. (ct.3).
- 8 Jump in place onto both ft. (ct.1,2). Tapping L. heel, lift Rt. leg slightly fwd. with turn-in (ct.3).
- 9 Tap both heels in place (ct.1). Tap L. heel lifting R. very slightly (ct.2). Step on R. lifting Lft. leg slightly fwd. with turn-in. (ct.3).
- 10 Tap both heels in place (ct.1). Tap R. heel lifting L. very slightly (ct.2). Step fwd. onto L. (ct.3).

ŠOPSKA RUCENICA (continued)

Step III

- 1-2      Turning slightly Lft., tap L. heel (ct.1).  
Step back on R. (ct.2). Step on L. beside  
R. (ct.3). Repeat.
- 3-4      Turning slightly R., step fwd. on R. (ct.1).  
Step on ball of L. beside R. heel (ct.2).  
Step fwd. on R. (ct.3). Repeat with opposite  
ftwk.
- 5        Turning to face center, step side R. (ct.1,2).  
Lift L. slightly crossed in front of R., tap-  
ping R. heel (ct.3).
- 6        Tap R. heel (ct.1). Step side L. (ct.2).  
Cross R. in front of L. bending knees (ct.3).
- 7        Tap R. heel (ct.1). Step side L. (ct.2).  
Step R. behind L. bending knees (ct.3).
- 8        Close L. to R. locking knees (ct.1,2).  
Bend knees sharply shifting wt. to L. (ct.3).
- 9-10    Like measure 3-4 only into center.

Step IV

- 1-4      Same as measure 1-4 of Step III.
- 5        Leap fwd. diagonally Rt. lift L. slightly  
in front (ct.1,2). Hop on R. (ct.3).
- 6-7      Leap twd. center onto L. bending fwd. (ct.1,2).  
Step heavily fwd. onto R. (ct.3). Repeat.
- 8        Tap R. heel (ct.1). Step fwd. onto L. (ct.2).  
Hop on L. flinging R. fwd. to lock R. knee  
(ct.3).
- 9-10    Same as 9-10 of Step III.