

This dance comes from central Thrace and is danced in an open circle with hands held down.

There is one figure with 12 measures.

Figure 1

Measure 1 - to the right side in a circle

1. Step on the right foot in LOD - arms in W position
2. Hold
3. Lift on the right foot in LOD

Measure 2 - to the right side in a circle

1. Step on the left foot in LOD - arms in W position
2. Hold
3. Lift on the left foot in LOD

Measure 3 - to the right side in a circle

1. Step on the right foot in LOD - arms in W position
2. Step on the left foot in LOD
3. Step on the right foot in LOD

Measure 4 - to the right side in a circle

1. Step on the left foot in LOD - arms in W position
2. Step on the right foot in LOD
3. Step on the left foot in LOD

Measure 5 - facing the center

1. Step on the right foot to the right side - arms down
2. Hold
3. Step on the left foot behind the right

Measure 6 - facing the center

1. Step on the right foot forward - arms in W position
2. Hold
3. Lift on the right foot forward

Measure 7 - facing the center

1. Step on the left foot forward - arms in W position
2. Hold
3. Lift on the left foot forward

Measure 8 - facing the center

1. Step on the right foot backwards - arms in W position
2. Hold
3. Lift on the right foot backwards

Trakijska Ruchenitsa 7/8 (QQS)

2

Measure 9 - facing the center

1. Lift on the right foot in place - arms in W position
2. Step on the left foot to the left side
3. Step on the right foot next to the left foot

Measures 10, 11 are the same as measure 9

Measure 12 - facing the center

1. Jump on both feet - arms in W position
2. Hold
3. Hop on the left foot and face to the right (LOD)

Pattern

Introduction - Slow wedding melody followed by QQS

Start at any time after QQS starts. Dance until the end of the music

Presented by Iliana Bozhanova - Mendocino Folklore Camp 1998