

TRAKIYSKA RUCHENITSA
(Bulgaria)

PRONUNCIATION: Trah-KEES-kah Ruh-cheh-NEET-sah

SOURCE: Learned by Marcus Holt during one of his visits to Thrace, Bulgaria.

MUSIC: Bitov 001

METER: 7/8 counted quick-quick-slow

FORMATION: Mixed lines of dancers with hands joined at shoulder level. Joined hands should be back in line with body.

PATTERN

Measures

- 1 Facing slightly R, step on R to R keeping L on floor (ct Q). Hold (ct Q). Lift L in back with bent knee while doing ^vcuk^vce* on R (ct S)
- 2 Step on L across in front of R to R keeping R on floor (ct Q). Hold (ct Q). Lift R in back with bent knee while doing ^vcuk^vce on L (ct S).
- 3 Facing center, step on R to R bringing arms down and bending body forward slightly (ct Q). Hold (ct Q). Step on L behind R to R bringing arms up and straightening body (ct S).
- 4-6 Repeat measures 1-3.
- 7 Facing center, step on R forward keeping L on floor (ct Q). Hold (ct Q). Lift L in back with bent knee while doing ^vcuk^vce on R (ct S).
- 8 Repeat measure 7 with alternate footwork.
- 9 Step on R backward keeping L on floor (ct Q). Hold (ct Q). Lift L in front with bent knee while doing ^vcuk^vce on R (ct S).
- 10 Step on L to L simultaneously bouncing on both feet (ct Q). Bounce on L releasing R (ct Q). Step on R across in front of L to L (ct S).
- 11 Repeat measure 10.
- 12 Step on L to L keeping R on floor (ct Q). Hold (ct Q). Lift R in front of L with bent knee while doing ^vcuk^vce on L (ct S).

* A ^vcuk^vce is a movement in which the heel of the supporting foot is raised prior to the beat and returns to the floor on the beat.