

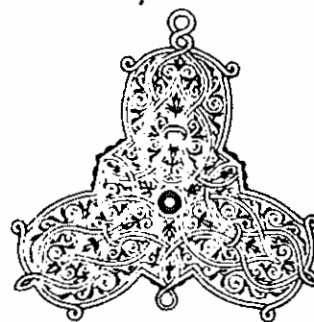
TRAKIJSKA SVABARSKA RUCHENITSA

Bulgaria

(As learned from Stephan Kotansky)

RECORD: XOPO 332METER: 7/8; Counted 12, 12, 123 And danced: Quick, quick, slow (1, 2, 3,
These are the "counts" referred to below)FORMATION: Open circle. Arms in "W" position, facing diagonally to the Right

<u>Meas.</u>	<u>Ct.</u>	
1	1	Step fwd R ft taking weight on both feet, bending both knees as you step.
	2	Straighten knees and begin shifting weight to R ft.
	3	Complete shifting weight to R ft, bending Right knee and lifting Left heel in back
2		Repeat meas. 1 with opposite footwork
3	1	Slight leap fwd R ft
	2	Close L ft to R ft
	3	Slight leap fwd R ft
4		Repeat meas. 3 with opposite footwork.
5	1-2	Turning to face center, step R ft to Right side (Arms come down)
	3	Step L ft behind R ft.
6	1-2	Step R ft to Right side (bring arms up)
	3	"Chuche" (rise up on the ball of the foot, then return weight to full foot) on R ft.
7	1-2	Step L ft fwd
	3	"Chuche" on L ft
8	1-2	Step back on R ft
	3	"Chuche" on R ft
9	1	Lift on R ft
	2	Step to Left side on L ft
	3	Step R ft behind L ft
10		Repeat meas. 9
11	1-2	Step L ft to Left side (arms come down)
	3	Step R ft behind L ft
12	1-2	Step L ft to Left side (bring arms up)
	3	"Chuche" on L ft



"SYNCOATED" ruchenitsa step (May be substituted for regular ruchenitsa step in meas. 3 & 4)

3	&	Step fwd R ft
	1	Step fwd L ft.
	2	Hold
	3	Slight leap fwd onto R ft.
4		Repeat meas. 3 with opposite footwork.