

TRUGNAL MI STURCHO

Presented by Marcus Moskoff at the 1982 Mendocino Folklore Camp.

This dance, presented by Marcus Moskoff, is from the repertoire of the State Pioneer Youth Ensemble of Haskovo, Bulgaria.

Record: "Marcus Moskoff Introduces Songs and Dances of Bulgaria"
Vol. I "TRUGNAL MI STURCHO."

Music: 7/16 Quick, Quick, Slow (Counted ONE, TWO, THREE) with an interlude break in 2/4 (ONE and TWO and).

Formation: Lines with hands held in upper "W" position. Dance begins immediately with the vocal music after a very short instrumental introduction of six notes.

<u>MEASURE</u>	<u>PATTERN "BASIC"</u>
1	Facing center, step sdwd. R on R ft. (ct. 1); pause for ct. 2; step behind R ft. on L ft. (ct. 3).
2	Step sdwd. R on R ft. (ct. 1); pause for ct. 2; step behind R ft. on L ft. (ct. 3).
3	Step sdwd. R on R ft. (ct. 1); step next to R ft. on L ft. (ct. 2); step in place on R ft. (ct. 3).
4	Step sdwd L on L ft. (ct. 1); step next to L ft. on R ft. (ct. 2) step in place on L ft. (ct. 3).
5	Continuing facing center, step fwd. on R ft., flexing R knee (ct. 1); pause for ct. 2; step fwd. on L ft. (ct. 3).
6	Stamp R ft. fwd. (ct. 1); pause for ct. 2; take weight off R ft. (ct. 3).
7	Step directly bkwd. on R ft. (ct. 1); step on L ft. next to R ft. (ct. 2); step on R ft. in place (ct. 3).
8	Step directly bkwd. on L ft. (ct. 1); step on R ft. next to L ft. (ct. 2); step on L ft. in place (ct. 3).
	(REPEAT MEASURES 1-8 ONCE AGAIN FROM THE BEGINNING)

<u>MEASURE</u>	<u>PATTERN "INTERLUDE" (2/4 meter)</u>
1	Bringing joined hands down and turning to face and move LOD, step fwd. on R ft. (ct. 1); step on L ft. next to R ft. (ct. "and"); step slightly fwd. on R ft. (ct. 2).
2	Step fwd. on L ft. (ct. 1); step on R ft. next to L ft. (ct. 2); step slightly fwd. on L ft. (ct. 3).
3 - 4	Repeat action of Measures 1-2, Pattern "Interlude."
5 - 8	Repeat action of Measures 1-4, Pattern "Interlude."
	(REPEAT ENTIRE DANCE FROM THE BEGINNING)