

Presented by Marcus Moskoff
TRUGNAL MI STURCHO
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 Bulgaria

The dance was learned by Marcus Moskoff from the State Pioneer Youth Ensemble of Haskovo, Bulgaria, in 1978.

PRONUNCIATION: Trahg-now me Sturr-cho

RECORD: Marcus Moskoff Introduces Songs and Dances of Bulgaria Vol. I, Side A, Band 6.

RHYTHM: 7/16 meter, counted $\frac{1,2}{1} \frac{3,4}{2} \frac{5,6,7}{3}$ (Q,Q,S), with an interlude break in 2/4 (1,&,2) meter.

FORMATION: Lines with hands joined in "W" pos.

METER: 7/16 & 2/4 PATTERN

Meas.

INTRODUCTION: Begin dance with vocal after a very short 6 note instrumental introduction.

- FIG. I:
- 1 Facing ctr, step R to R (ct 1); hold (ct 2); step R behind L (ct 3).
 - 2 Repeat meas 1.
 - 3 Step R to R (ct 1); step R next to L (ct 2); step R in place (ct 3).
 - 4 Repeat meas 3, with opp ftwk.
 - 5 Continuing to face ctr, step R fwd, flex R knee (ct 1); hold (ct 2); step L fwd (ct 3).
 - 6 Stamp R fwd (ct 1); hold (ct 2); take wt off R (ct 3).
 - 7 Step R directly bkwd (ct 1); step L next to R (ct 2); step R in place (ct 3).
 - 8 Repeat meas 7, with opp ftwk.
 - 9-16 Repeat meas 1-8, once more (2 in all).

FIG. II: INTERLUDE

1-8 Turning to face and move in LOD, do 8 two-steps, beginning R. Lower joined hands to "V" pos.

Repeat dance from beginning.

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 Fig. I, meas 1, ct 3, change R to L and L to R
 " " " 3, " 2, Change R to L and L to R
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