

TRUGNALA RUMJANA
(Bulgaria)

Background: As a folk song, "Trugnala Rumjana" (Trug-nah-lah Roo-miyah-nah) is widely known, in many variants, in Macedonia, East Serbia and Bulgaria. In many places it is danced as an ordinary 3-meas Pravo (Lesno). The Bulgarian version given here represents a 4-meas form known as "Pravo" or "Obiknoveno horo" in south-central and southeast Bulgaria, (Rhodopes and Strandza). It is a standard national dance taught to Bulgarian children as part of their elementary school physical education program. It was learned by Dick Crum from Ilija Rizov, lead dancer of the Kutev Bulgarian State Folk Dance Ensemble.

Recording: XOPO 329-B "Trugnala Rumjana"

Formation: Open mixed circle or line, arms on neighbors' shoulders ("T" formation) or sometimes with hands joined at shoulder height ("||" formation).

Meter: Ordinarily notated in 7/8, with 2 dancer's beats in a "slow-slower" pattern:

1 2 3 4
S S-

Measure	Action
1	Facing slightly R, step R ft to R (ct 1); continuing to R, step L ft across in front of R ft (ct 2).
2	Turning to face ctr, step R ft sideways R (ct 1); step L ft behind R ft (ct 2).
3	Still facing ctr, step R ft sideways R (ct 1); point L ft OR raise L leg across in front of R (ct 2).
4	Do movements of meas 3 with opp ftwk and direction.

Style Notes: Macedonians (or US & Canadian folk dancers accustomed to Macedonian style) learning this dance will have a tendency to divide ct 2 into 2 parts, i.e., add an extra bounce, especially in meas 3 & 4, and men will raise active knee rather high in those measures. No Bulgarian would "object" to this, although it is not part of the standardized form as it is taught in Bulgaria.

Song Text: Trugnala Rumjana za voda studena, lele
vse sutrin rano po ladovina, lele
vse večer kusno po mesečina.
Ma srosta i ide edno ludo mlado, lele
ta na Rumjana tihom govori, lele
"Ja kaži, Rumjana, kakvo da ti storja, lele
kitki da ti zema, drugi šte naberes, lele
stomni da ti skuja, drugi ste si kupis,
hem pohubavi, hem posareni, lele.
Ja togaz, Rumjano, daj da te celuna,
ce celuvkata se s pari ne kupuva,
ce celuvkata e mehlem na surceto, lele,
meihlem na surceto, balsam na dusata."