

TRGNALA RUMJANA
Trgnala Rumjana - Bulgaria

Circle dance, arms in W-position. Meter 7/8 counted SQQ

Measure Count Step

- | | | |
|---|-----|--|
| 1 | SQQ | Facing center, step on R foot to R (S), step on L foot in front of R foot (QQ) |
| 2 | SQQ | Step on R foot to R (S), step on L foot behind R foot (QQ) |
| 3 | SQQ | Step on R foot to R (S), lift L leg forward with bent knee (Q), hold (Q) |
| 4 | | Repeat measure 3 with opposite footwork |

That's the whole dance. The step is done a total of 32 times when done to the recording I have, but that may differ depending on the music you use.

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