

TRGNALA RUMJANA
(Pirin, Bulgaria)

SOURCE: This dance comes from the southwestern region of Bulgaria near the Yugoslav-Macedonian border, which accounts for the strong Macedonian influence on the style. Introduced into the United States by Dick Crum, noted Balkan dance authority.

MUSIC: XOP0 X-329

METER: 7/8 counted slow-quick-quick.

FORMATION: Mixed lines of dancers with hands joined at shoulder level. Joined hands should be slightly forward.

PATTERN

Measures

- 1 Facing slightly R and moving R, step on R (ct S), step on L across in front of R (ct QQ)
- 2 Facing center, step on R to R (ct S), facing slightly L, step on L behind R to R (ct QQ).
- 3 Facing center, step on R (ct S), raise L with bent knee (ct QQ).
- 4 Step on L (ct S), raise R with bent knee (ct QQ).

Repeat dance from beginning.

Presented by Neal Sandler
1978 Teacher Training Program