

Lòmska Rūchenitsa

(Bulgaria)

This is a mixed dance from the villages around Montàna, North Bulgaria.

Pronunciation:

CD: IBLD#8, "Bulgarian Folk Dances—Summer 2001," Band 6.

Cassette: "Bulgarian Folk Dances—Summer 2001," Side A/6.

Rhythm: 7/8 meter (QQS) counted as 1,2,3.

Formation: Mixed open or closed circle, hands joined in V-pos.

Steps and Styling: Face ctr throughout.

Meas

Pattern

8 meas INTRODUCTION. No action.

FIGURE I

- 1 Leap fwd onto R (ct 1); leap fwd onto L (ct 2); leap fwd onto R (ct 3).
- 2 Leap fwd onto L (ct 1); leap fwd onto R (ct 2); leap fwd onto L (ct 3).
- 3 Repeat meas 1.
- 4 Hop bkwd on R (ct 1); leap bkwd onto L (ct 2); leap bkwd onto R (ct 3).
- 5 Repeat meas 4.
- 6 Jump on both ft together in place (ct 1); hold (ct 2); hop on L while kicking R ft diag L (ct 3).
- 7 Jump on both ft together in place (ct 1); hold (ct 2); hop on R while kicking L ft diag R (ct 3).
- 8 Repeat meas 6.

FIGURE II

- 1-3 Repeat Fig I, meas 1-3.
- 4 Hop bkwd on R (ct 1); leap bkwd onto L (ct 2); leap bkwd onto R while stamping with L heel next to toes of R ft, no wt (ct 3).
- 5 Repeat meas 4.
- 6 Jump on both ft together in place (ct 1); R ft starts "drawing" a circle in the air from fwd to R side (ct 2); lift on L while R ft continues the circle (ct 3).
- 7 Close R ft next to L (ct 1); R ft starts "drawing" a circle in the air from fwd to R side (ct 2); lift on L while R ft continues the circle (ct 3).
- 8 Repeat meas 7.

FIGURE III

- 1 Leap onto R in place (ct 1); stamp L heel next to toes of R ft, no wt (ct 2); jump onto both ft in place, ft apart one ft (ct 3).
- 2 Close both ft together (ct 1); hold (ct 2); hop on L in place while kicking R ft ahead (ct 3).
- 3-4 Repeat meas 1-2.
- 5 Repeat meas 1.
- 6 Lift on R (ct 1); leap onto L to L side (ct 2); leap onto R next to L (ct 3); leap onto L to L side (ct &).

Lòmska Rūchenitsa—continued

- 7 Leap onto R next to L (ct 1); leap onto the L to L side (ct 2); leap onto R next to L (ct 3).
8 Step fwd on L heel (ct 1); step fwd on R ft (ct 2); step fwd on L ft (ct 3).
9 Step fwd on R heel (ct 1); step fwd on L ft (ct 2); step fwd on R ft (ct 3).
10-14 Repeat Fig II, meas 4-8.

Sequence: Introduction—8 meas
Fig I—2 times
Fig II—2times
Fig III—2 times
Repeat figures in this sequence to the end of the music.

Presented by Iliana Bozhanova