

# Rùsa

(Bulgaria)

Rùsa is a women's dance from the Bulgarian Mohammedans who live in the village of Kòchan, West Rhodopi Mountains. They dance it only twice a year—in March and in December when they celebrate their religious holiday, "Bairàm." Rùsa is a led, simple dance in an open circle with unusual and interesting form. The women dance, always singing the song, "Rùsa." Iliana believes the dance was created because of this particular song.

## Pronunciation:

CD: IBLD#8, "Bulgarian Folk Dances—Summer 2001," Band 5. 2/4 meter

Cassette: "Bulgarian Folk Dances—Summer 2001," Side A/5.

Formation: Open circle of dancers alternating back to ctr and facing ctr of circle, hands joined down, R in R and L in L with neighbor. As the dance begins, dancers alternate facing RLOD and LOD—odd numbers moving bkwd, even numbers moving fwd. During the dance, the W are facing each other, turning periodically (after every 20 meas) to their R or L neighbor.

## Meas

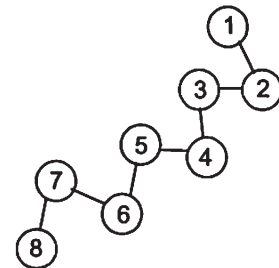
## Pattern

8 meas

INTRODUCTION. No action.

### FIGURE I

- 1 Step on R in LOD (CW) (ct 1); hold (ct 2).
- 2 Touch toes of L ft next to R (ct 1); hold (ct 2).
- 3 Step on L in LOD (ct 1); hold (ct 2).
- 4 Touch toes of R ft next to L (ct 1), hold (ct 2).
- 5-12 Repeat meas 1-4 twice.
- 13 Step on R in place while turning to face ctr (ct 1); hold (ct 2).
- 14 Facing ctr, touch toes of L ft next to R (ct 1); hold (ct 2).
- 15 Step fwd on L to ctr (ct 1); hold (ct 2).
- 16 Close R next to L while squatting slightly (ct 1); hold (ct 2).
- 17 Step bkwd on R while straightening body (ct 1); hold (ct 2).
- 18 Touch toes of L next to R (ct 1); hold (ct 2).
- 19 Step on L in place while turning to face neighbor (ct 1); hold (ct 2).
- 20 Touch toes of R ft next to L (ct 1); hold (ct 2).



### FIGURE II

- 1-12 Repeat Fig I, meas 1-12 with ftwk reversed (the person who was moving fwd is now stepping bkwd, the person moving bkwd now stepping fwd).
- 13 Step on R in place while turning back to ctr (ct 1); hold (ct 2).
- 14 Facing away from ctr, touch L toes next to R ft (ct 1); hold (ct 2).
- 15 Step fwd on L ft, away from ctr (ct 1); hold (ct 2).
- 16 Close R ft next to L while squatting slightly (ct 1); hold (ct 2).
- 17 Step bkwd on R while straightening body (ct 1); hold (ct 2).
- 18 Touch L toes next to R ft (ct 1); hold (ct 2).

## Rùsa—continued

- 19 Step on L in place while turning to face LOD (ct 1); hold (ct 2).  
20 Touch R toes next to L ft (ct 1); hold (ct 2).  
Arms:  
1-12 Keep arms in V-pos.  
13-14 Bring arms gradually up to W-pos.  
15-16 Keep arms in W-pos.  
17-18 Bring arms gradually down to V-pos.  
19-20 Keep arms in V-pos.

Continue alternating Fig I and Fig II until end of music.

Presented by Iliana Bozhanova