

KYUSTENDILSKA RUCHENITSA  
(Bulgaria)

This dance originated in the Shope region of Bulgaria, in the town of Kyustendil which lies to the south of Sofia. I learned it from Steve Glaser of New York back in 1967, but subsequently saw it being performed on numerous occasions while in Bulgaria. Given its wide-spread appeal and popularity among the people of Bulgaria, it has become somewhat of a generic dance--a pop favourite, you might say. Its form, however, suggests that it belongs to an older seminal group of dances also found in east Serbia (dances such as Cačak, Sestorka, and Za Poyas).

Pronunciation:

Suggested Recordings: Balkanton, BHM-5746, Side A/1  
Balkanton, BHA-358, Side B/6

Rhythm: 7/16  quick-quick-slow

Formation: One large open circle with leader on the R, or long line of dancers. Hands joined and held down.

MeasPattern

- |   |       |                                                              |
|---|-------|--------------------------------------------------------------|
|   |       | Moving bkwd, body turned facing L and wt on L ft.            |
| 1 | Q     | <u>Hop</u> on L.                                             |
|   | Q     | <u>Step</u> bkwd on R ft.                                    |
|   | S     | <u>Step</u> bkwd on L ft.                                    |
| 2 |       | Repeat meas 1.                                               |
|   |       | <u>TURNING TO THE RIGHT</u>                                  |
| 3 | Q     | <u>Step</u> to R on R ft.                                    |
|   | Q     | <u>Step</u> to R with L ft.                                  |
|   | S     | <u>Step</u> to R with R ft                                   |
|   |       | Repeat but with a rocking step:                              |
| 4 | Q     | <u>Step</u> to R with L ft.                                  |
|   | Q     | <u>Step</u> back (in place on the R ft.                      |
|   | S     | <u>Step</u> fwd (in place) on the L ft.                      |
|   |       | <u>NOW FACING CENTER DO A SKIP JUMP</u>                      |
| 5 | Q (&) | <u>Skip</u> onto R ft (hop on L, step on R).                 |
|   | Q     | <u>Pause</u> .                                               |
|   | S     | <u>Hop</u> on R ft while extending L in front of R.          |
| 6 | Q     | <u>Hop</u> on R ft.                                          |
|   | Q     | <u>Step</u> to L with L ft                                   |
|   | S     | <u>Step</u> in front of L with R ft while bending both knees |
| 7 | Q     | <u>Hop</u> on R (push up by straightening R knee).           |
|   | Q     | <u>Step</u> to L with L ft.                                  |
|   | S     | <u>Step</u> behind L with R ft.                              |
|   |       | <u>NOW STEP BOUNCES</u>                                      |
| 8 | Q     | <u>Step</u> on L to L, OR <u>Skip</u> onto L.                |
|   | Q     | <u>Pause</u> .                                               |
|   | S     | <u>Hop</u> on L, raising R leg fwd, knee straight.           |