

SHOPSKA RUCHENITSA - OBLŮK

Sofia District (Shope Region), Western Bulgaria

Source: As learned by Dennis Boxell from dancers in Bulgaria. This dance is an arrangement of the typical line Ruchenitsa found in the Sofia district, often referred to as Kyustendilska Ruchenitsa.

Rhythm: 7/16 (Ruchenitsa) counted 1, 2, 3 or Q, Q, S (1-2, 1-2 1-2-3)

Music: Any fast Shope Ruchenitsa
Koleda LP: Shopska Ruchenitsa (A-1)

Formation: Mixed or segregated lines of men and women. Belt hold, L over R.

The dance travels to the right, with the leader on the right end. At the beginning of each dance pattern, the dancers will be facing left and moving right (backwards).

Note that the second figure is 2 measures longer than the first figure. This makes it incompatible with dancers doing figure one or other "versions" of the typical Shope ruchenitsa. The leader should make the changes from one figure to the other very clear.

Meas Ct Figure One - "oblük"

Start with weight on L foot, facing L ready to move R

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| 1 | 1 | Facing L leaning slightly from the waist, Hop on L trailing R foot |
| | 2 | Step back onto L |
| | <u>3</u> | Step back onto R |
| 2 | | REPEAT measure 1 |
| 3 | 1 | Turn to face slightly R (line of dance), Step on R |
| | 2 | Step on L slightly in front of R |
| | <u>3</u> | Step on forward on R, bending R knee slightly |
| 4 | | REPEAT measure 3 with opposite footwork |
| 5 | 1-2 | Turn to face center, Leap onto R raising L knee |
| | <u>3</u> | Hop on R trusting and straightening L leg across in front of R leg |
| 6 | <u>1</u> | Hop on R again |
| | 2 | Facing slightly L, a small Step sideward on L |
| | <u>3</u> | Step on R in front of L |
| 7 | <u>1</u> | Facing center, Hop on R |
| | 2 | Step sideward L on L |
| | <u>3</u> | Step on R behind L |
| 8 | <u>1</u> | Step sideward L on L |
| | 2- <u>3</u> | Describing a large CCw arc, Circle R leg waist high to cross in front of and to L of L leg |
| 9 | 1 | Touch R toe just L of L foot |
| | 2 | Hold |
| | <u>3</u> | Step on R to L of L foot |
| 10 | <u>1</u> | Touch L next to R, (pigeoned toed) |
| | 2 | Hold |
| | <u>3</u> | Step on L across in front of R, ready to sharply pivot on L & begin again |

Figure Two - "Sitno Napred" ("Small Forward")

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| 1-7 | | Same as Figure One |
| 8 | 1-2 | Facing center, Step sideward L on L |
| | <u>3</u> | Hop on L turning slightly L, bending & raising R knee; bending forward at the waist |
| 9-10 | | Four "mincing" steps forward on cts 1 & 3 of each measure (R,L,R,L) |
| 11 | 1-2 | Gentle Touch forward with R toe |
| | <u>3</u> | Small Leap forward on R |
| 12 | 1-2 | Gentle Touch forward with L toe |
| | <u>3</u> | Small Leap forward on L |

A suggested pattern is to repeat each figure four times.

Dance Description by Tom Deering
Presented by Tom Deering