TRAKIISKA RUCHENITSA
Western Thrace, Central Bulgaria

Source: A typical line Ruchenitsa representative of the steps and movements of western Thrace.

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

Music: Any slower Thracian Ruchenitsa.

Formation: Mixed or segregated lines of men and women, hands joined up ("W" hold).

Style: A slightly heavy dance with bent knees and a loose but controlled upper body. Arm movements should be large and comfortable.

Meas	Ct	The Dance

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

1	1-2	**Step** forward (line of direction) onto R bending both legs
	3	Rise **Up** slightly with weight on R, lifting L just barely off floor
2		REPEAT measure 1 with opposite footwork

3		Basic Ruchenitsa Step (travelling)
	1	Continuing to move forward (line of direction), **Step** on R
	2	**Step** on L beside and slightly in front of R
	3	**Step** on forward on R, bending R knee slightly
4		REPEAT measure 3 with opposite footwork

5	1-2	Turn to face center, **Step** sideward to R onto R, lowering arms
	3	**Step** on L behind R, swinging arms down and back
6	1-2	**Step** sideward to R onto R, raising arms
	3	Slight **Lift** on R bringing L knee beside R leg (R heel comes down on beat)

7	1-2	**Step** straight forward (toward center) onto R
	3	Slight **Lift** on L bringing R knee beside L leg (L heel comes down on beat)
8	1-2	**Step** straight back onto R
	3	Slight **Lift** on R hanging L leg beside R leg (R heel comes down on beat)

9	1-2	Still facing center and moving L, **Touch** L foot sideward to L, taking weight at the last moment
	3	**Step** on R behind L
10		REPEAT measure 9

11-14		REPEAT measures 5-8 with opposite footwork

15		Basic Ruchenitsa Step (in place)
	1	**Step** on R in place, bending R knee
	2	**Touch** L in place beside R, just barely taking weight
	3	Small **Leap** in place onto R, bending R knee slightly
16		REPEAT measure 15 with opposite footwork