

Rūchenitsa

From Thrace

Variations of Rūchenitsa are popular throughout Bulgaria. This variation is a wedding tune and the long introduction is for passing the bottle of homemade brandy down the line for everyone to have a sip.

Pronunciation: ruh-cheh-NEET-sah

Formation: Open mixed circle facing centre

Position: Hands down in V position

Meter: 7/8 - QQS (1,2,3)

Introduction: Slow melody, 45 seconds long
No action, begin with wt on L ft

Meas **Figure 1** (moving in LOD – to right)

- 1 Step on R ft to R with arms bkwd (1), swing arms fwd (2), step on L ft beside R swinging arms bkwd (3)
- 2 Repeat meas 1
- 3 Step on R ft to R (1), hold (2), step on L ft behind R ft swinging arms bkwd (3)
- 4 Step on R ft fwd moving arms up to W pos (1), hold (2), lift R heel (3)
- 5 Step on L ft fwd (1), hold (2), lift L heel (3)
- 6 Step on R ft bkwd (1), hold (2), step on L ft bkwd (3)
- 7 Step on R ft to R (1), step on L ft beside R (2), step on R ft in place (3)
- 8 Use full measure to move arms fwd and down to V pos; step on L ft to L (1), step on R ft beside L (2), step on L ft in place (3)

Repeat Figure 1 until music ends