

Izrouchanka – Изручанка

(Bulgaria)

This is a dance for both men and women from the village of Gradets (Vidin area, Northwest Bulgaria). It is composed of one figure in 12 measures, but may be performed in 13 measures as well. Although the word “izrouchanka” is related to the root of the Slavonic term for “hand” (“ruka”, “rutchitsa” – diminutive), the dance, as observed in Koprivshtitsa festival in 1995, was performed with belt hold.

Pronunciation: eezrooCHAHN-kah

Music: *Ima! Nema!* CD (*There is! There is Not!*) Old, New, Borrowed and Blue. Band 17.

From Bulgaria and Beyond CD, Band 3

Formation: Open circle; belt hold, facing ctr.

2/4 meter

Steps & Styling: Feet parallel.

Meas

Pattern

4 meas INTRODUCTION *Ima! Nema!* CD, Band 17.

8 meas *From Bulgaria and Beyond* CD, Band 3 (slower version)

I. FIGURE I

- 1 Wt on L ft with bending L knee, R touches the floor with the toe in front of the R diagonally left (ct 1); repeat ct 1 (ct 2).
- 2 Step on R (ct 1); cross step on L in front of the R ft (ct 2).
- 3 Step on R in spot (ct 1); step on L next to R ft (ct 2).
- 4 The toe of the R ft touches the floor in front of L ft (ct 1); step on R in spot (ct 2).
- 5 Cross step on L in front of the R ft (ct 1); step on R in spot (ct 2).
- 6 Step on L ft to the left (ct 1); step on R ft next to L ft (ct &); step on L ft next to R (ct 2).
- 7 Repeat meas 6 with opp. ftwrk
- 8 Repeat meas 6
- 9 Step on R ft to the right (ct 1); step on L to the right (ct 2).
- 10 Repeat meas 9
- 11 Step on R ft to the right (ct 1); step on L to the right behind R ft (ct 2).
- 12 Step on R facing ctr (ct 1); step on L next to R (ct 2).

Presented by Daniela Ivanova



