

IZRUCHANA

Rhythm 2/4

From North West Bulgaria, Manastirishte vill., Kozlodui region

“Izruchana” is one of the fastest and the most difficult authentic dances in North Bulgaria. This is a led dance which is done in an open circle. The hands are held down and move during the dance-emphasizing the feet movements. The line of direction –LOD-is to the right side in the circle. The fact that the music phrase has 4 or 8 measures, but the dance figure consists 7 measures, makes “Izruchana” an interesting example of periodic synchrony between music and dance rhythm. There is one more interesting feature of the dance-in Figure 2 and Figure 3 you can see a combination from two and a half measures repeated twice. In this way the music accents in the same figure are in different moments what makes this dance unique. It has 3 figures.

Figure 1 – 7 meas.- facing center

Meas.1

- 1.Step hard on R ft to the R side
- 2.Hop on R ft
- +Leap onto L ft next to the R ft

Meas.2-same as Meas.1

Meas.3

- 1.Leap onto R ft fwd- toward center
- 2.Leap onto L ft fwd

Meas.4

- 1.Hop on L ft, while touching R toes fwd - diagonally right
- 2.Hop on L ft, while bending R sole across L ft

Meas.5

- 1.Leap onto R ft backward
- + Leap onto L ft bkwd
- 2.Leap onto R ft bkwd

Meas.6

- 1.Leap onto L ft fwd, while bending R ft highly back and the body-slightly forward
- 2.Stamp on R ft next to L ft, while rising the body

Meas.7

- 1.Hop on L ft bkwd
- + Stamp on R ft next to L ft bkwd
- 2.Leap onto R ft bkwd
- + Leap onto L ft bkwd

Arms

Meas.1-The arms start from behind and swing forward and backward

1.The arms go very fast forward

+ Hold

2. Hold

+ The arms go backward

Meas.2

1.The arms go very fast forward

+ Hold

2.The arms go higher up forward

+ Hold

Meas.3 and 4-Hold the arms up fwd

Meas.5-The arms go down

Meas.6-same as Meas.2

Meas.7-The arms go down.

Figure 2 –7 meas.

Measures 1,2 and 3 –same as Meas.1,2 and 3 from Figure 1

Measure 4-**facing –center**

1.Lean onto R ft **across L ft**

2.Lean onto L ft **bkwd**

+ Stamp on R heel next to L ft /keep the weight on the left foot/

Measure 5-**facing-center**

1.Lean onto R ft bkwd

+ Lean onto L ft bkwd

2.Lean onto R ft to R side

Measure 6-**facing-center**

1.Lean onto L ft fwd-toward center

2.Lean onto R ft across L ft

Measure 7-**facing –center**

1.Lean onto L ft bkwd

+ Stamp on R heel next to L ft

2.Lean onto R ft bkwd

+ Lean onto L ft bkwd

Arms-same as the arms in Figure 1

Figure 3 – 7 meas. – facing center

Meas. 1 and 2-same as Meas.1 and 2 from Figure 1,but –in place

Meas.3

- 1.Lean onto R ft in place, while moving L ft apart to L side
+ Click the sole of L ft on the ankle of the R foot – “Hlopka”
2. Hop /or lift/ on R ft in place
+ Leap onto L ft next to R ft

Meas.4

- 1.Lean onto R ft in place
+ Leap onto L ft in place
- 2.Hop / or lift/ on L ft
+Stamp on R heel next to L ft /keep the weight on the left foot/

Meas.5

- 1.Lean onto R ft in place
+ Leap onto L ft in place
- 2.Lean onto R ft in place, while moving L ft apart to L side
+ Click the sole of L ft on the ankle of the R foot – “Hlopka”

Meas.6

- 1.Hop / or lift/ on R ft
+ Leap onto L ft next to R ft
- 2.Lean onto R ft in place
+ Leap onto L ft in place

Meas.7

- 1.Hop / or lift/ on L ft
+Stamp on R heel next to L ft /keep the weight on the left foot/
- 2.Lean onto R ft in place
+ Leap onto L ft in place

Arms-keep them held down

Sequence:

Introduction-slow melody + 2 meas.

Figure 1-7 measures- 3 times

Figure 2-7 measures- 3 times

Figure 3-7 measures- 3 times

Repeat the figures in this sequence to the end of the dance.