

RAZVRUSTANATA
(Bulgarian)

Origin: This dance is a variant of the Sop dance "Cetvorno" and comes from the area around the town of Elin Pelin. It was first presented by Dick Crum at the 1973 San Diego Folk Dance Conference.

Record: Bruno LP 50207 "Cetvorno"
Folklore Dances of Bulgaria, side II, band 3 "Cetvorno"
XOPO X-320-A "Ripna Maca"

Formation: Lines of men and women in belt hold, L arm over, R arm under

Rhythm: 7/16 (1, 2,3)

Basic Step: "SOVALKA"

Meas. 1 Step back on flat R ft, with L in front, L heel turned toward E, wt kept fully under body (ct 1) (don't lean back with wt on R)
Step L beside R (ct 2)
Step R in front of L, raising L ft low in back (ct 3)

Meas. 2 Repeat measure 1, opposite footwork

Measure	Description
	<u>FIGURE I. "NA MESTO"</u> (In place)
1	Step R with R (ct 1), close L to R and bounce twice (cts 2,3)
2	Step L with L (ct 1), close R to L and bounce twice (cts 2,3)
3-8	Repeat measures 1-2 three more times
	<u>FIGURE II. "ZAIGRAJ"</u> (Let's dance)
1	Facing slightly and moving R, step on R (ct 1) Hop on R, continuing in same direction (ct 2) Step L across (ct 3)
2	Repeat measure 1
3-5	Three "Sovalka" steps in place, beginning with R ft
6-10	Repeat measures 1-5, with opposite footwork and direction
	<u>FIGURE III. "CUKNI"</u> (Strike Ankles)
1	Facing R, wt on L, strike R ankle against L ankle, immediately bringing R up close along L leg (ct 1) Hop on L ft fwd, kicking R ft fwd with loose R knee (ct 2) Step fwd with R ft (ct 3)
2	Repeat measure 1 with opposite footwork
3-5	Three "Sovalka" steps in place, beginning with R ft
6-10	Repeat measures 1-5, with opposite footwork
	<u>FIGURE IV. "BICKAJ"</u> (Kick)
1	Kick R ft across in front of L (ct 1) Step R,L in place, turning to face diag R fwd (cts 2,3)
2	Step R-L in "bloop-bloop" rhythm (ct 1) Light leap with R flicking L ft up behind (ct 2) Step L (ct 3)
3	Repeat measure 2
4-6	Three "Sovalka" steps in place, beginning with R
7-12	Repeat measures 1-6, but with opposite footwork

(continued)

RAZVRUŠTANATA (continued)

Measure	Description
	<u>FIGURE V. "IŽVURLI, ČUKNI"</u> (Kick and stamp)
1	Facing straight fwd and with wt on L ft, kick R ft fwd (ct 1) Rock bkwd on R (ct 2) Rock fwd on L (ct 3)
2	Repeat measure 1
3	Strike R heel in front, twisting L shoulder back and bending slightly L (ct 1) Step R in place (ct 2) Strike L heel in front, twisting R shoulder back and bending slightly R (ct 3)
4	In "bloop-bloop" rhythm, step L in place and strike R heel in front (ct 1) Small leap R with R (ct 2) Step L across in front of R, facing almost directly ctr (ct 3)
5-7	Three "Sovalka" steps in place, beginning with R
8-14	Repeat measures 1-7, opposite footwork

Presented by Dick Crum