

RUGOVO (ROO-go-vo)

Dance from a section where 90% of the people are Albanian.

RECORD: WT-LP-64701 Meter: 2/4

FORMATION: Separate lines. M with hands on neighbor's shoulders. W with hands joined at shoulder-height, elbows bent.

STYLE: W make small motions, M make very large motions. Dance is done in a slight squat position with back arched.

Meas  
8

Pattern  
INTRODUCTION

PART I

- 1 Facing ctr, jump on both ft apart, toes pointing out, knees bent (ct 1), step L across R (ct 2).
- 2 Jump on both ft apart again, L toe and head facing to L (ct 1), raise L leg out to L in bwd bicycle motion (ct 2)
- 3 Jump on both ft apart, R toe and head facing to R (ct 1), raise R leg (knee bent) in back of L leg (ct 2).

PART II

- 1-4 Repeat action of Part I, except that meas 2 is done twice before meas. 3

PART III

- 1-4 Repeat action of Part I, except that meas 3 is done twice.

PART IV (M only; W continue with Part III)

- 1 Moving in LOD, step R (ct 1), step L (ct 2)
- 2 Lunge fwd on R in LOD with L Kneeling bwd as far as possible, body bent over, head facing in LOD (ct 1), hold (ct 2)
- 3 Straighten body (ct 1), hold (ct 2)
- 4 Rise on L ft (ct 1), raise R leg (knee bent), in back of L leg (ct 2)

Note: Leader indicates change of figures by raising R hand.