

RUSI KOSI (MAM)

TRANSLATION : This dance is named after the the song to which it became popular : *Rusi kosi imam* ("I've got blond hair").
In some villages the dance is known as *Vürtjano Horo* ("whirling dance").

MUSIC : Record "Folk Dances from Bulgaria" - volume 2
Balkanton BHA 11134 Side A. Band # 6.
Record Balkanton BHA 10352 Side I. Band 7.

BACKGROUND : Pirin, Bulgaria

FORMATION : Open circle. Hands in W-position.

METER : 2/4

BASIC STEP : A smooth way of walking, mainly done with the lower
AND part of the legs, knees slightly bent :
STYLING unrolling step (from heel to toe) on R ft fwd (ct 1),
small step on L whole ft fwd (ct &)
This step is called one "Basic step"
The hands are joined in W-position.
There is a slight bouncing upwards on each mean ct.

INTRODUCTION : 9 measures

MEAS PATTERN Part 1 "Basic"

1 facing diag R and moving in LOD,
eighteen "Basic steps"

Part 2 "Sideward"

1 facing ctr, step on R ft sdwd R (ct 1),
step on L ft next to R ft (ct &), step on R ft sdwd R (ct 2),
close and step on L ft next to R ft, bending both knees
(ct &),

N.B. The hands are loose and wave in high W-position from
L - up and to the front - to the R, thruout meas 1
the body turns slightly diag R

2 repeat action of meas 1 reversing ftwk, direction and arm
movement

3 repeat action of meas 1

4 stretch both knees (ct 1)
bend both knees, clapping in both hands in front (ct &),
repeat action of cts 1-& (cts 2-&)

5-8 repeat action of meas 1-4

(continued)

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 3 "To the centre and back"</u>
1-2	facing ctr, hands joined in W-position, four Basic steps straight fwd to the ctr	
3-4	four Basic steps straight bkwd	
5-8	repeat action of meas 1-4	
9	hands loose, two Basic steps, making a full R turn in place	

SEQUENCE OF THE DANCE

Introduction : 9 measures

Part 1	}	2x
Part 2		
Part 3		
Part 2		
Part 3		
Part 1		

N.B. Finish the dance as follows :
turning face ctr, step on R ft (ct 1), step on L ft
in front of R ft, bending both knees and raising both
arms in front

Presented by Jaap Leegwater
Description by Jaap Leegwater