

# Izruchanka

Region: Village of Gradets, Vidin area, ethnographic area of Mizia, Bulgaria.

Pronounced: ihz-ruh-CHAN-kah

Audio/Video reference: CD NK 2003.02

Meter: 2/4 (Q Q)

Formation: Mixed line, open circle, hands in belt-hold position (L over R).

Style: Small, light and jumpy steps, with sharp lifting of the knees in preparation of a step. Relaxed upper body, so shoulders and wrists can reflect the footwork with bouncing down-up at each step.

Source: Group for authentic folklore of the village of Gradets.

Note from Nina Kavardjikova: The village group starts the dance from measure 4 and adds measures 1, 2, and 3 at the end. Choreographically speaking, the dance phrase starts with measure 1 and logically ends with measure 13, so I prefer to do the dance this way. Keeping the above in mind, feel free to choose either starting point.

Meas	Ct	Dir	Foot Work	Arm Work
1-16			<b>INTRO</b>	<b>Belt-hold</b>
			No action.	
			<b>FIGURE</b>	
1	1	LOD	Leap onto R fwd	
	2		Leap onto L fwd	
2	1,2		Repeat meas 1	
3	1	CTR	Leap onto R sdwd R	
	2		Leap onto L behind R	
4	1		Tap L heel touching floor with R toes fwd	
	2		Repeat ct 1	
5	1		Leap onto R next to L, lifting left knee fwd up	
	2		Leap onto L in front of R	
6	1		Leap onto R behind L	
	2		Leap onto L next to R	
7	1		Tap R heel, touching floor with R toes fwd	
	2		Leap onto R behind L, lifting L knee fwd up	
8	1		Leap onto L in front of R	
	2		Leap onto R behind L	
9	1&		Accented leap onto L sdwd L, bending L knee	

	2		Step on R next and half a foot in front of L	
	&		Step on L next and half a foot behind R	
10	1,2		Repeat meas 9 with opp dir and ftwk	
11	1,2		Repeat meas 9	
12			Repeat meas 9 with opp dir and ftwk	
13			Repeat meas 9	
			Repeat the Figure until the end of music.	

**Abbreviations:**

BKWD: Backwards  
 CT : Count  
 CTR : Center  
 CW : Clockwise  
 CCW : Counter clockwise  
 FWD : Forward  
 L : Left  
 LOD : Line of Direction  
 Meas. : Measures  
 On L : On left foot  
 On R : On right foot  
 Pos : Position  
 R : Right  
 RLOD : Reversed line of direction  
 St : Step  
 SWD : Sideward