RUSI KOSI

Origin: Pirin, Bulgaria

Record: Balkanton BHA 10352 Side 1. Band 7, Cassette “Bulgarian Folk Dances” Jaap Leegwater JL 1982.12. Side B. Nr.22.

Formation: Open circle, hands in “W” pos.

Source: Jaap Leegwater

Note:

Meter: 2/4

STYLE: A smooth way of walking, mainly done with the lower part of the legs, knees slightly bent: 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”. There is a slight bouncing upwards on each mean ct.

9 Measure Introduction

Part 1 - Basic

Meas.
1-18 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 &)
NB. The hands are loose and wave in high W-position from L - up and to the front - to the R, throughout Meas. 1 the body turns slightly diag R
2 Repeat Meas. 1 reversing ftwk, direction and arm movement
3 Repeat 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 Meas. 1-4

Part 3 “To the centre and back”

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 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 - 2x
Part 3 - 2x
Part 2 - 2x
Part 3 - 2x
Part 1 – 1x

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.