

TRAKIJSKA RAČENICA

Western Thrace, Central Bulgaria

Source: A typical line Račenica representative of the steps and movements of western Thrace.

Rhythm: 7/16 (Račenica) counted 1, 2, 3 or Q, Q, S (1-2, 1-2 1-2-3)

Music: Any slower Thracian Račenica.

Formation: Mixed or segregated lines of men and women, hands joined up ("W" hold).

Style: A slightly heavy dance with bent knees and a loose but controlled upper body. Arm movements should be large and comfortable.

<u>Meas</u>	<u>Ct</u>	<u>The Dance</u>
		Start with weight on L foot, facing R ready to move R
1	1-2	Step forward (line of direction) onto R bending both legs
	<u>3</u>	Rise Up slightly with weight on R, lifting L foot just barely off floor
2		REPEAT measure 1 with opposite footwork
3		Basic Račenica Step (travelling)
	1	Continuing to move forward (line of direction), Step on R
	2	Step on L beside and slightly in front of R
	<u>3</u>	Step on forward on R, bending R knee slightly
4		REPEAT measure 3 with opposite footwork
5	1-2	Turn to face center, Step sideward to R onto R, lowering arms
	<u>3</u>	Step on L behind R, swinging arms down and back
6	1-2	Step sideward to R onto R, raising arms
	<u>3</u>	Slight Lift on R bringing L knee beside R leg (R heel comes down on beat)
7	1-2	Step straight forward (toward center) onto R
	<u>3</u>	Slight Lift on L bringing R knee beside L leg (L heel comes down on beat)
8	1-2	Step straight back onto R
	<u>3</u>	Slight Lift on R hanging L leg beside R leg (R heel comes down on beat)
9	1-2	Still facing center and moving L, Touch L foot sideward to L, taking weight at the last moment
	<u>3</u>	Step on R behind L
10		REPEAT measure 9
11-14		REPEAT measures 5-8 with opposite footwork
15		Basic Račenica Step (in place)
	1	Step on R in place, bending R knee
	2	Touch L in place beside R, just barely taking weight
	<u>3</u>	Small Leap in place onto R, bending R knee slightly
16		REPEAT measure 15 with opposite footwork

Dance Description by Tom Deering

Presented by Tom Deering