

# Čepelarska Râčenica

(Rhodopes, Bulgaria)

A line *Râčenica* from the region of Čepelare in the Rhodopes on the popular folk song *Selo, selo*. Observed at the Rožen Pee Festival, 1970.

Pronunciation: tch eh-peh-L AHR-skah ruh-tch eh-NEE-tsah

Music: Yves Moreau CD YM-UOP-07, track 6

Meter: 7/8 meter. 1-2, 1-2, 1-2-3, or Q-Q-S or (1,2,3)

Formation: Open circle. Face ctr. Wt on L. Hands in W-pos.

Styling: Calm and proud and earthy.

## Meas

## Pattern

16 meas INTRODUCTION (Solo *gajda*). Start dance with song.

### I. BASIC TRAVEL (vocal)

- 1 Step on R to R, hands shift to the R at 45 degree angle (ct 1); pause (ct 2); step on L behind R, hands come back to starting pos (ct 3).
- 2 Repeat action of meas 1.
- 3 Still facing ctr, light leap onto R, bending R knee (ct 1); light step onto ball of L next to R (ct 2) step onto R in place (ct 3).
- 4 Repeat meas 3 with opp ftwk and direction.
- 5 Step on R to R, arms extend fwd (ct 1); hands continue moving fwd and down (ct 2); step on L behind R, arms extend back (ct 3).
- 6 Step on R in place, arms move fwd (ct 1); arms continue fwd and up (ct 2); lift L knee, arms return to W-pos (ct 3).
- 7 Step fwd onto L (ct 1); pause (ct 2); slight lift onto L, bringing R behind L calf (ct 3).
- 8 Step onto R in place (ct 1); pause (ct 2); slight lift onto R, lifting L knee (ct 3).
- 9-16 Repeat meas 8 with opp ftwk.

### II. TRAVEL TO CENTER AND BACK (instrumental)

- 1-4 Repeat Fig I, meas 1-4.
- 5 Light lift onto L, extending arms fwd (ct ah); large step twd ctr on R with marked knee bend, arms continue extension fwd and then swing back (ct 1); pause (ct 2); slight lift onto R while arms are extended back (ct 3).
- 6 Still moving twd ctr, repeat meas 5 with opp ftwk.
- 7-8 Repeat Fig I, meas 3-4 but moving away from ctr instead of R and L.
- 9-16 Repeat meas 1-8.

Repeat dance from the beginning.

Presented by Yves Moreau