

Lazarska Râčenica

(Trakia-Bulgaria)

A women's dance connected with the *Lazaruvane* springtime folk custom. These traditional steps are from the region of Stara Zagora.

Pronunciation: LAH-zahr-skah ruh-cheh-NEEH-tсах

Music: Yves Moreau CD FB-007

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

Formation: Women in line or open circle. Face ctr; wt on L ft. Arms in W-pos.

Meas

Pattern

INTRODUCTION None. Start dance with song.

I. TRAVEL TO R (Melody A—song)

- 1 Step on R to R, arms extend fwd and down (ct 1); pause (ct 2); step on L crossing behind R, arms continue moving down and back (ct 3).
- 2 Step on R to R, arms begin to move fwd and up (ct 1); pause (ct 2); lift L ft bending L knee, arms extend up to W-pos (ct 3).
- 3 With arms in W-pos, small step fwd twd ctr on L (ct 1); pause (ct 2); bring R ft behind L calf (ct 3).
- 4-18 Repeat meas 1-3, 5 more times (6 total)

II. TRAVEL R AND L (Melody B—song)

- 1 Facing LOD (R of ctr), 3 small running steps R-L-R (cts 1,2,3).
- 2 Still moving LOD, 3 small running steps L-R-L (cts 1,2,3).
- 3 Repeat meas 1-2
- 4-6 Repeat Fig I, meas 1-3 with same arm motions
- 7 Facing ctr, step back onto R ft (ct 1); pause (ct 2); lift L knee (ct 3).
- 8-14 Repeat meas 1-8 with reverse direction and ftwk (RLOD).

III. FORWARD AND TURN (Melody C—instrumental)

- 1 Facing ctr, 3 small running steps fwd twd ctr, R-L-R (cts 1,2,3).
- 2 Step on L crossing in front of R with body turning to face R (ct 1); pause (ct 2); bring R ft behind L calf (ct 3).
- 3 With body facing ctr, step away from ctr with 3 small steps R-L-R (cts 1,2,3).
- 4 3 small steps in place L-R-L (cts 1,2,3).
- 5-8 Repeat meas 1-4
- 9 Moving twd ctr, 3 small running steps R-L-R (cts 1,2,3).
- 10 Still moving twd ctr, 3 small running steps L-R-L (cts 1,2,3).
- 11 With feet together, bend knees and clap hands extended to R (ct 1); pause (cts 2-3).
- 12 Repeat meas 11 but hands clap extended to L.

Lazarska Râčenica—continued

13-16 Letting go of hands, travel alone out to R, moving away from ctr (CW) and gradually coming back to face ctr using small running steps R-L-R, L-R-L, R-L-R, L-R-L.

Note: while doing this pattern, the hands do special motion: close fist inwards (ct 1); pause (ct 2); extend fingers and hands stretched slightly out (ct 3);

Dance repeats from beginning.

Presented by Yves Moreau