

# Lomska Râcenica

(Bulgaria)

The name translates as a Râcenica from the town of Lom in N. W. Bulgaria. Many towns in N. W. Bulgaria have their own version of the line Râcenica. Included here are variants notated in two different locations. The first, known as Râcenicata, was learned and notated by Jaap Leegwater in the village of Lipen, Mihailovgrad district, N. W. Bulgaria, in the fall of 1979. The second was learned by Jaap Leegwater and Nina Kavardjikova from Cenislav Dokov, dancer from Vidin, N. W. Bulgaria in the fall of 1991.

Pronunciation: LOHM-skah ruh-cheh-NEET-sah

Cassette: Folk dances from Bulgaria, UOP Folk Dance Camp 2000, Side A/1  
Folk Dances from Bulgaria, vol 1- JL1992.01, Side A/9

Rhythm: 7/8 meter, counted 1-2 1-2 1-2-3 or 1 2 3, QQS

Formation: Medium-length lines, hands in belt hold, L over R.

Styling: Severnjaški / Vlach: light and jumpy, small and energetic steps on the whole ft, relaxed shldr react naturally in a bouncy way to the rhythm of the steps.

Meas Pattern

16 meas INTRODUCTION

## PART 1, RÂCENICATA

- 1 Facing ctr and moving fwd, step on R (ct 1); step on L next to the heel of R ft (ct 2); step with emphasis or fall onto R (ct 3).
- 2 Repeat meas 1 with opp ftwk.
- 3 Repeat meas 1.
- 4 Moving bkwd, hop on R, swinging L ft in an arc around fwd, sdwd, behind (ct 1); step on L behind R (ct 2); step on R (ct 3).
- 5 Repeat meas 4.
- 6 Turning to face L of ctr and dancing in place, small lift or hop on R, immediately followed by a step on L (ct 1); lift R knee in front (ct 2); small hop on L, kicking R leg down (ct 3).
- 7 Small lift or hop on L, immediately followed by a light stamp with the ball of the R ft next to L ft, no wt (ct 1); lift R knee in front (ct 2); small hop on L, kicking R leg down (ct 3).
- 8 Repeat meas 7.
- 9-32 Repeat meas 1-8 three more times.

## PART 2, LOMSKA RÂCENICA

- 1 Facing ctr and moving diag fwd R, step on R (ct 1); step on L slightly behind and across R (ct 2); step on R (ct 3).
- 2 Moving diag fwd L, step on L (ct 1); step on R slightly behind and across L (ct 2); step on L (ct 3).
- 3 Repeat meas 1.
- 4 Moving diag fwd R, hop on R, sharply lifting L knee in front (ct 1); step on L (ct 2); step on R (ct 3).
- 5 Moving in LOD, repeat meas 4.
- 6 Facing ctr and moving bkwd, jump on both ft together (cts 1-2); hop on L, lifting R knee and extending R leg fwd down ("spusek") (ct 3).
- 7 Repeat meas 6 with opp ftwk.

## Lomska Râčenica—continued

- 8 Repeat meas 6.  
9-32 Repeat meas 1-8 three more times.

Note: Jaap taught the dance for four medium-length lines facing on the sides of a square. During Part 2, each line progressed 1/4 CCW.

Dance description by Jaap Leegwater, © 1993  
Presented by Jaap Leegwater