

Rade Rade

(Bulgaria)

Rade Rade is the name of the accompanying song and is derived from the name *Radka*. The dance is done to the accompanying song (*horovodna pesen*) *Rade Rade*, *Bjala Rade*, and comes from the village of Darževo in the region of the town of Yambol, East Trakia. It was originally introduced and taught by the Bulgarian choreographer Nikilaj Cvetkov.

Pronunciation: RAH-deh RAH-deh

Music: 2/4 meter *Bulgarian Folk Dances with Jaap Leegwater*,
 Note: Pattern is in 10; Stockton Edition, Track 19
 music is in 8.

Formation: Open circle; hands in belt hold or V-position.

Steps & Styling: Trakijski:

- demi-plié or slight knee-bent position
 - wt mainly on the whole ft
 - upper body proud and erect
 - kind of “down to earth” quality
- A typical step is the Tropoli (stamping or tapping)

Tropoli R: Tap R next to L toes (ct &); step R in place, bending both knees and taking wt off L (ct 1); shift wt onto ball of L next to R toes, taking wt off R heel (ct &); fall back onto R in place (ct 2). Can also be done more flat-footed.

Tropoli L: Repeat with opp ftwk.

This step is usually done by the men. (Not taught: women perform a small flat 3-step “*prisitvane*” instead.)

Meas 2/4 meter

Pattern

INTRODUCTION. No action.

I. OSNOVNO-BASIC (Singing)

- 1 Facing and moving twd ctr, step R (ct 1); bounce on R (ct 2).
- 2 Step bkwd L (ct 1); bounce on L (ct 2).
- 3 Facing ctr, moving in LOD, step R sdwd R (ct 1); step L in front of R (ct 2).
- 4 Step R to R (ct 1); step L behind R (ct 2).
- 5 Facing and moving in LOD, big step R fwd, slightly bending both knees (ct 1); bounce on R, taking L ft off the floor (ct 2).
- 6 Big step L fwd, slightly bending both knees (ct 1); bounce on L, taking R off the floor (ct 2).
- 7 Turning to face ctr, balance R to R (ct 1); bounce on R, lifing L off the floor (ct 2).

Rade Rade — continued

- 8 Facing ctr, moving sdwd L, step L to L (ct 1); step R in front of L (ct 2).
 9 Step sdwd L (ct 1); step R behind L (ct 2).
 10 Step sdwd L (ct 1); bounce on L, bringing R in an arc fwd (ct 2).
- II. TROPOLI-TAPPING
- 1-4 Repeat Part I, meas 1-4.
 5-7 Tropoli R-L-R.
 8-10 Repeat Part I, meas 8-10,
- III. “LOST” –SLAPS
- 1-4 Repeat Part I, meas 1-4.
 5 Tropoli R.
 6 Low leap onto L, lifting R leg up with a straight knee (ct 1); slap R fwd onto the floor (ct 2).
 7 Repeat meas 6 with opp ftwk.
 8-10 Repeat Part I, meas 8-10.

Sequence:

The different figures can either be called by the line leader or done according to the set sequence 4 times each before going into the next variation.

Last measure of dance: Leap L (ct 1); stamp R (ct 2).

Presented by Jaap Leegwater