Râčenica Na Horo (Poljanska Râčenica)

(Bulgaria)

This is a line Râčenica (Na Horo) from the village of Poljan, in the region of the towns of Russe and Târgoviste, Northern Bulgaria. It was learned from Dimitar Dojčinov, choreographer and dance researcher from Plovdiv, Bulgaria.

Pronunciation: RUH-cheh-nee-tsah nah oh-ROH pohl-YAHN-skah RUH-cheh-nee-tsah

Music: 7/8 meter counted 1-2 1-2 1-2-3 or 1-2-3. *Bulgarian Folk Dances with Jaap Leegwater*, Stockton Edition, Track 16.

Formation: Circle; hands in W-position.

Steps & Styling: The dance consists of styling elements of Dobrudža and Trakia (slow and earthy in Parts I and II) as well as Northern Bulgaria (light and jumpy in Part III).

Meas	7/8 meter	Pattern
16 meas		INTRODUCTION. Instrumental. No action.
	I.	BOUNCES
1		Hands in W-pos, facing ctr moving sdwd R, lift on ball of L (ct 1); step R, extending arms fwd high (ct 2); step L behind R, swinging arms down (ct 3).
2		Step R diag fwd R, swing arms bkwd (ct 1); bring L leg fwd with knee bent and turned out (cts 2-3).
3		Step L in front of R in fourth position, bending both knees and swinging arms back to W-pos (cts 1-2); lift on ball of L, taking R off the floor (ct 3).
4-30		Repeat meas 1-3 nine more times.
31-32		Two three-steps (Râčenicas) in place R-L-R, L-R-L, placing both hands at waist.
	II.	SIDEWARD
1		Hands on waist, fingers fwd, facing ctr and moving sdwd R, lift on ball of L ft, extending R leg sdwd R slightly above the floor (ct 1); step R (ct 2); step L next to R, taking R off the floor (ct 3). Note on movement of the upper body: slightly sdwd R (ct 1); straighten at starting pos (ct 2); hold (ct 3).
2-3		Repeat meas 1 two times.
4		Flat three-step (Râčenica) R-L-R, making a half turn CW in LOD, bending slightly at waist.
5-8		While facing out, repeat meas 1-4 with opp ftwk and direction, continuing CCW
9-16		Repeat meas 1-8.

Râčenica Na Horo (Poljanska Râčenica) — continued

III. HEELS

1	Hands in V-pos, facing ctr, moving sdwd R, low leap onto R (ct 1); step L in front of R (ct 2); step back R in place (ct 3).
2	Hop R, bringing L in an arc sdwd behind (ct 1); step L behind R (ct 2); step R sdwd R (ct 3).
3	Hop R and extend L leg fwd low, tapping L heel, without wt, on the floor momentarily (ct 1); step on L (ct 2); step R sdwd R (ct 3).
4-5	Repeat meas 3 two times.
6	*Pleti* or Reel (meas 6-7): facing ctr, dancing in place, bounce on R, pumping L leg fwd and down (ct 1); hop R, bringing L ft in an arc bkwd (cts 2-3).
7	Step L behind R (ct 1); hop L, bringing R in an arc bkwd (cts 2-3).
8	*Nošica* or Scissors: step R behind L, extending L ft fwd low along the floor (ct 1); low leap onto L, extending R fwd low along the floor (ct 2); low leap onto R, extending L ft fwd low along the floor (ct 3).
9-16	Repeat meas 1-8 with opp ftwk and direction.

Repeat from beginning twice more
Ending: Fig I except on last meas leap onto L (ct 1); stamp R (ct 2); hold (ct 3).

Presented by Jaap Leegwater