

RÂKA

(Bulgaria)

A basic form of this popular Dobrudzan dance as done in the villages Northwest of Varna. Source: Julian Stanev. Heritage Folklore Workshop, Lachine, Quebec, July 1998

Pronunciation: RUH-kah
Music: Yves Moreau cassette
Rhythm: 2/4
Formation: Mixed lines, hands joined down at shldr height in "W" pos. Wt on L.
Face slightly R of ctr.
Style: Knees bent, upper body straight and proud. Heavy, earthy feeling.
Arms strong and rythmical.

Meter: 2/4

Description

1-16 Introduction music. No action

1. Basic travelling step

- 1 Step on R in LOD (1) low heavy "scuff-stamp" with L (2)
- 2 Repeat meas 1 with opp ftwrk
- 3 Face ctr and step bkwd R on R (1) step on L near R heel (2)
- 4 Small step fwd on R (1) light stamp with L next to R, no wt (2)
- 5 Step on L in place (1) stamp with R next to L, no wt (2)
- 6 Repeat meas 5 with opp ftwrk
- 7 Step on L in place (1) stamp with R next to L, no wt (2)
- 8 Stamp again with R next to L, no wt (1) hold (2)

1. Arm movements (done simultaneously with ftwrk)

Note: Free hand of first and last dancer in line follows movements of joined hands in both figures.

- 1 Extend hands in an arc upwd and fwd, straightening elbows as arms swing downward and bkwd (1,2)
- 2 With elbows straight, arms begin to swing fwd (1) arms continue motion fwd to a parallel pos (2)
- 3 With elbows straight, "push" elbows straight bkwd slowly (1,2)
- 4 Push arms fwd (1) continue push fwd and up (2)
- 5-6 Same arm motion as in meas 1-2 (but body is facing ctr)
- 7 Bend arms and bring tjhem to "W" pos (1) hold (2)
- 8 Two little "pull" motion (one on each stamp)

Presented by Yves Moreau at the Laguna Folkdancers Festival 1999