

SOPSKA RÂČENICA

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SOURCE & TRANSLATION : Râčenica from Šopluk (Western Bulgaria)
MUSIC : Cassette "Bulgarian Folk Dances"
Jaap Leegwater JL1984.02.
STYLE : -small energetic steps
-shoulders move with the rythm of the steps
("natrissané")
FORMATION : Open circle, arms : belt-hold (R-hand under
L-hand over)
METER : 7/8 : 1-2,1-2,1-2-3. Counted here as: 1,2,3
INTRODUCTION : 32 measures

MEAS PATTERN Part 1 "Basic"

1 facing CCW, step on R fwd(ct 1), step on L fwd(ct 2), step
R fwd with slightly bend knee(ct 3)
This step is called: RÂČENICA - step RLR
2 repeat action of meas 1 with opp ftwk, RÂČENICA - step LRL
3-16 repeat action of meas 1-2 seven more times

Part 2 "Knee"

1 facing centre, step on R sdwd(ct 1), step on L across behind
R(ct 2), step on R, lift L knee at waist level(ct 3)
2 repeat action of meas 1 with opp ftwk
3-8 repeat action of meas 1-2 three more times

Part 3 "Globka"

1 close R firmly next to L ("Globka")(ct 1), lift R knee(ct 2)
stamp R heel a little in front(ct 3)
2 step on R sdwd(ct 1), step on L across behind R(ct 2), step
on R sdwd(ct 3)
3-4 repeat action of meas 1-2 with opp ftwk
5-8 repeat action of meas 1-4

Part 4 "Kick"

1 facing CCW, hop on L in place, kick bottom half of R leg
with a small movement bkwd and fwd(ct 1), step on R in place
(ct 2), step on L in place(ct 3)
2 repeat action of meas 1, ct 1-2(ct 1-2), touch L in front of R
bent R knee(ct 3)
3 turn body facing centre, hop on R(ct 1), step on L in place(ct 2)
step on R across in front of L(ct 3)
4 step on L behind R(ct 1), step on R in place(ct 2), step on L
across in front of R(ct 3)
5 lift R knee, L slightly bend(ct 1), touch R next to L, stretch
L knee(ct 1), lift R knee, bent L knee(ct 2), leap on R across
in front of L(ct 3)
This step is called: CALUŠA - R
6 repeat action of meas 5 with opp ftwk, CALUŠA - L

| <u>MEAS</u> | <u>PATTERN</u> | <u>Part 4 (continued)</u> |
|-------------|---|---------------------------|
| 7 | hop on L(ct 1), step on R bkwd(ct 2), step on L bkwd(ct 3) This step is called: <i>GRAOVKA -L</i> | |
| 8 | step on R as L kicks fwd along the floor(ct 1), repeat action of ct 1 with opp ftwk(ct 2), repeat action of ct 1(ct 3) This step is called: <i>NOŠICA -RLR</i> | |
| 9-16 | repeat action of meas 1-8 with opp ftwk | |
| 17-32 | repeat action of meas 1-16 | |

Part 5 "Final"

| | | |
|-------|---|--|
| 1 | hop on L, lift R knee across in front of L(ct 1), step on R behind L(ct 2), step on L back in place(ct 3) | |
| 2-4 | repeat action of meas 1 three more times | |
| 5 | hop on L(ct 1), step on R in front of L(ct 2), step on L back in place(ct 3) | |
| 6 | hop on L(ct 1), step on R behind L(ct 2), step on L back in place(ct 3) | |
| 7 - 8 | 2 nošica's, RLR,LRL | |
| 9 -10 | repeat action of meas 1 twice | |
| 11-12 | repeat action of meas 5-6 | |
| 13-15 | 3 nošica's, RLR,LRL,RLR | |
| 16 | leap on R, lift L knee in front at waist level(ct 1) hold(ct 2), stamp R beside L(ct 3) | |