

dance: ŠOPSKA RÂČENICA ✓
tune : TETEVENSKA RÂČENICA

SOURCE & TRANSLATION : Râčenica from Šopluk (Western Bulgaria)
RECORD : Balkanton BHK 3414 Side I
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

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1 "Basic"</u>
1		facing CCW, step on R fwd(ct 1), step on L fwd(ct 2), step on 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 4), 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: ZALUŠA - R
6	repeat action of meas 5 with opp ftwk, ZALUŠA - L

Count

ŠOPSKA RÂČENICA (continued)

<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)