



STARČESKA RĂCENICA (star-CHĒSS-kah ruh-cheh-NEE-tsah)  
(Bulgaria)

Learned by Yves Moreau, March 1970, from village dance group of Sapareva Banja, Pernik District, at folk festival in Pernik. This version of the Răcénica is usually done by old people. The steps are quiet and heavier than other răcénica dances of that area. The tempo is slower. The ten measure pattern is quite common in Western Bulgaria as well as in Eastern Macedonia and Serbia.

Record: Worldtone WT-YM-005 B. 7/16 meter: 1-2, 1-2, 1-2-3.  
Counted here as 1, 2, 3.

Formation: "Na lesa." Mixed lines of M and W, belt hold, L over R.  
Face ctr, wt on L ft.

Style: Heavy peasant quality. Pretend you're over 75! Steps are small. Upper part of body is erect and proud. Whenever a foot is crossed in front or behind, dancer may make a sharp flexion of knees if desired.

Meas

Pattern

8 Introduction (fast.music). No action.

I. BASIC

- 1 Step sdwd R on R (ct 1). Hold (ct 2). Step on L, crossing in front of R (ct 3).
- 2 Step sdwd R on R (ct 1). Hold (ct 2). Step on L, crossing behind R (ct 3).
- 3 Small step on R to R (ct 1). Step on L slightly in front of R (ct 2). Shift wt back onto R (ct 3).
- 4 Reverse pattern of meas 3.
- 5 Touch tip of R ft sdwd R, wt remains on L (ct 1). Hold (ct 2). Step on R, crossing in front of L (ct 3).
- 6 Step to L on L (ct 1). Hold (ct 2). Step on R behind L (ct 3).
- 7-8 Reverse pattern of meas 5-6.
- 9-10 Repeat pattern of meas 3-4.

II. FORWARD AND BACK

- 1 Facing ctr with wt on L, touch tip of R ft slightly fwd and diag R (ct 1). Hold (ct 2). Step on R ft slightly fwd and crossing in front of L (ct 3).
- 2 Reverse ftwork of meas 1, Fig. II.
- 3-4 Repeat pattern of meas 1-2, Fig. II.
- 5-8 Repeat pattern of meas 1-4, Fig. II, reversing direction to move bkwd.

NOTE: There is no set order or sequence. Leader may indicate change of pattern by shouting "hopa," "assegah," "novo," etc.

Presented by Yves Moreau

