

Sumerska Rachenitsa

7/8(a) QQS - Sumer village in North West Bulgaria

Presented by Ilana Bozhanova and Lyuben Dossev - 2000

The dance is mixed and is done in a straight line with hands held down. It consists of two figures which are two Rachenitsa variations from the same village. The leader signals when to change variations. The typical style for North Bulgarian dances is shown in the bouncing of the knees.

Figure 1: "Krustyuvata" – 12 measures

Measure 1 - to the left

1. Step on the right foot
2. Hold
3. Hop on the right foot

Measure 2 – to the left

1. Step on the left foot
2. Step on the right foot
3. Step on the left foot

Measures 3 and 4 are the same as 1 and 2

Measure 5 – facing center, in place

1. Step on the right foot
2. Hold
3. Leap to the left foot

Measure 6 – turning to the right

1. Step on the right
2. Step on the left
3. Step on the right

Measures 7-12 are the same as 1-6 with opposite footwork and direction.

Figure 2: - 8 measures

Measure 1 – forward facing center

1. Step on the right
2. Step on the left
3. Step on the right

Measure 2 is the same as measure 1 with opposite footwork

Measure 3 is the same as measure 1

Measure 4 – backward facing center

1. Hop on the right foot
2. Step on the left foot
3. Step on the right foot while turning the left heel inward (twizzle step)

Measure 5 is the same as measure 4

Measure 6 – in place and facing left diagonal

1. Jump on both feet
2. Hold
3. Kick with the right foot (spusik) while hopping on the left foot

Measure 7 is the same as measure 6 with opposite footwork and direction

Measure 8 is the same as measure 6 but facing center

Pattern

Introduction – Slow melody followed by 2 measures

Figure 1 – Krustyuvata – 12 measures – 2 times

Figure 2 – 8 measures - 4 times