

TRAKIJSKA RÂČENICA
(Bulgaria)

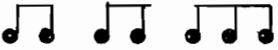

Râčenica ("dance with hand and arm movements") is from the ethnographical region of Trakija (Thrace) in Bulgaria. This Râčenica is representative of Central Bulgaria. It is done individually in the dance circle without holding hands, allowing the dancer optimal freedom for hand and arm gestures (as a Edinična or Solova Râčenica), or with joining hands in line (Horo-Râčenica or Na Horo).

The pattern described here is the most basic and popular one and also demonstrates the almost lyrical and "down-to-earth" quality of the Thracian or Trakijski dance style.

Learned by Jaap Leegwater from Dimitâr Dojčinov at the State Choreographers School in Plovdiv, Bulgaria in 1972 and 1975.

Pronunciation: trah-KEE-skah ruh-cheh-NEE-tsah

Music: LP/Cassette "Folk Dances from Bulgaria" Vol 4.
JL 1988.02 Side A/2 7/8 meter

Rhythm: 7/8  counted here as  Q Q S 1, 2, 3

Style: Trakijski - slight knee bent pos. Steps are mainly done on the whole ft.

Formation: Open of half circle. Hands joined in "W" pos.

Description of Basic Step

Meas Pattern

"Râčenica - step in Thracian style"

Facing ctr, dancing in place. This step has the character of a "Pas-de-Basque" and is performed in a slight knee bent pos, "demi-plie."

1 Low leap onto R ft (ct 1); step on ball of L ft next to R toes, wt is now momentarily on L ft and the knees are almost straight (ct 2); low leap ("fall") onto R ft, bending R knee (ct 3).

Described here is a Râčenica RLR. A Râčenica LRL starts with the L ft. This step can be performed in all directions.

Description of The Dance

1 Facing and moving in LOD, small lift on L ft extending R leg fwd (ct ah); step on R ft, bending R knee (cts 1-2) hop on R ft (ct 3).

2 Repeat meas 1 with opp ftwk.

3-4 Two Râčenica-steps RLR and LRL.

5 Turning face ctr, leap onto R ft sdwd R, swinging both arms down (cts 1-2); step on L ft behind across R, bending L knee and swing arms bkwd (ct 3).

6-7 Facing and moving twd ctr, repeat meas 1-2, swinging arms up to "W" pos on ct 1 of meas 6.

8 Facing ctr, moving bkwd, repeat meas 1.

TRAKIJSKA RACENICA (cont'd)

- 9 Facing ctr, moving sdwd L, small lift on R ft, moving L ft sdwd L close along the floor and gently rock the upper part of the body to sdwd L (ct 1); step on L ft, straightening body and taking R ft off floor (ct 2); step on R ft next to L, taking L of floor (ct 3).
- 10 Repeat meas 9.
- 11-14 Repeat meas 5-8 with opp ftwk and direction.
- 15-16 Facing ctr, dancing in place, two Râćenica-steps RLR and LRL, swinging arms up to "W"pos on ct 1 of meas 15.

Notes by Jaap Leegwater

Presented by Jaap Leegwater