

# Parvomajska Râčenitza

## Thrace, Bulgaria

The dance is from Parvomaj, which is close to Plovdiv in the Thrace region of southern Bulgaria, and is a râčenitza (râčenitca) style of dance which is common in all parts of Bulgaria.

TRANSLATION: "Parvomajska" refers to the town of "Parvomaj." Rachenitza, râčenitza or râčenitca (various spellings), refers to the type of dance.

PRONUNCIATION: parh-voh-may-skah rah-che-NEE-tsah

RECORD: Special tape by Mitko Manov

FORMATION: Lines with hands joined at shldr ht (W-pos)

RHYTHM: Counted as:  $\frac{1-2}{1} \quad \frac{3-4}{2} \quad \frac{5-6-7}{3 \ \&}$  (Q,Q,S)

STYLE: The dance is very lively and energetic, and has many soft knee flexes/bends throughout the dance.

STEPS: Even though the dance is notated in 3 meas, except for Fig. I, meas 1-4, the action occurs on cts 1 and 3. The steps are energetic, but done lightly with soft plié

HANDS: When swinging hands down, first they move up slightly, then move fwd and circle down in what is sometimes referred to as an "up and over the waterfall movement."

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METER: 7/16

PATTERN

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Steps

**INTRODUCTION:** Beg with vocal

**FIG. I: Vocal**

- 1-4 Facing R of ctr and moving in LOD - beg R, do 4 basic râčenitza steps.  
Râčenitza: Step R fwd (ct 1); touch L beside R, then push up on L (cts 2-ah); step R fwd (ct 3).
- 5 Turning to face ctr - do a low leap R to R - lean slightly fwd - hands begin to swing down (cts 1-2); step L behind R - straighten body - hands swing bkwd of body (ct 3).
- 6 Step R fwd - hands raise to W-pos (ct 1-2); bend R knee (ct 3).

- 7 Step-bend L fwd (cts 1-2, 3).
- 8 Step-bend R fwd (cts 1-2, 3).
- 9 Moving sdwd L - step L to L - hands swing down and bkwd of body (cts 1-2);  
step R behind L - hands swing slightly fwd of body (ct 3).
- 10 Repeat meas 9. (L to L, R behind )
- 11 Turning to face R of ctr - step L bkwd in RLOD - hands swing to W-pos (cts 1-2); bounce  
on L as R lifts fwd (ct 3).
- 12-13 Repeat meas 1-2 (Basic Râčenitza steps).
- 14 Repeat meas 5. (R to R, L behind)
- 15 Step-bend R fwd - hands swing to W-pos (cts 1-2, 3).
- 16 Step-bend L fwd - hands swing down to V-pos (cts 1-2, 3).

**FIG. II: Instrumental**

Hands joined in W-pos.

- 1 Facing and moving twd ctr - step R fwd (cts 1-2; small drop on L beside R (ct 3).

Hands & arms: When dance is done as individuals - release hands and hold them slightly fwd at shldr ht with fingers close tog. Push palm of hand fwd almost straightening arm (cts 1-2); quickly pull wrists bkwd (palm twd floor) twd shldrs (ct 3).

- 2-4 Repeat meas 1, except on 1st ct, bounce on R as L touches beside R.
- 5-7 Repeat meas 1, moving bkwd, beg L (3 times in all).
- 8 Jump on both ft in place (ct 1-2); hop on L as R lifts bkwd (ct 3).
- 9-16 Repeat meas 1-8.

Repeat dance from beg until end of music.

Dance video provided by Mitko Manov, and transcribed by Dorothy Daw 4-01

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May 18, 2001