

# DOBROUDŽANSKA RACHENITSA

## RACHENITSA FROM DOBRUDJA (Man's Dance from Dobrudja, Bulgaria)

- Pronunciation:** Dobrujansky Rachenitsa - Do-bru--zhan-sky  
Ra - che-nee-tsa
- Source:** Khiril Kharalampiev, Sofia 1957. First presented at Stockton Folk Dance Camp 1961 by Michel Cartier
- Record:** Rachenitsa from Dobrudja, Folk Dancer LP 109 MI-b, band 3
- Formation:** The M one behind another, form a circle following a leader. There is no hand hold, because it is a dance solo. The action of the dance is CCW and in and out of the circle.
- History:** At the end of the summer, when the last bundle of wheat is brought back to the barn, festivities begin. It is on this occasion that this particular dance is executed by the men. It is a description of their work in the field.
- Style:** Because of their geographic position the Dobrudjan people, especially the men, have a special style: ft flat on the ground, knees bent, but very proudly erect, head shaking from one side to the other. The postures are very virile and the men shout at some brusque change of them. Hands have a great deal to do.
- Rhythm:** The 7/16 rhythm is easily broken down into a quick-quick slow pattern, 1,2,3. Compared to the other rachenitsa the tempo on this one is considerably slowed down.
- Basic step:** Ct 1: step fwd on R ft  
2: swing L ft in front, knee bent  
3: hold  
Start with L ft for next measure.

### Measures

### Pattern

- 1-8 I. Going to Work  
8 basic steps CCW  
Hands: The arms are parallel to the ground and palm of hands face direction of movement. The shoulders give a rolling effect to the arms in rachenitsa tempo.
- 1-8 II. Rolling Up the Shirt  
8 basic steps going twd the ctr of the formation.  
Hands: at "1" clap your hands and with the three following measures roll your right arm shirt.  
At "5" clap your hands and with the three following meas roll your L hand arm shirt.
- 1 III. The Work  
Take this pos: face ctr, ft apart, body bent fwd from waist and your two hands clasped in your back.  
Ct 1: (Weight of body on L ft) hop and stamp on L heel (chukcho).  
2: Stamp with R ft at R  
3: Stamp with R ft in front

*Continued...*

- 2 Ct 1: (Weight of body on R ft) hop and stamp on R heel (chukche)  
2: Cross and stamp L in front of R, lift R ft behind.  
3: Stamp R ft behind L one  
3-8 Repeat measures 1-2 but reversing ftwk.

- IV. Coming Back From Work  
1-8 Turn back at the ctr and with 8 basic steps you go back to the circle you came from at figure 2.  
Hands: swing left arm in front of chest and R one in back at first measure, reverse movement for second measure etc.

- V. Joy at the End of the Harvest  
1 Ct 1: st p fwd on L ft.  
2: Lift the R leg at 90° angle and clap your hand under.  
3: Keep the R leg in pos and clap your hand over.  
2-8 Repeat meas 1 but reverse ftwk.

- VI. Bringing in a Bundle of Wheat  
Take the pos of carrying a bundle of wheat on your back: bend your body from the waist, bend also knee, the L hand goes to L shoulder to hold an imaginary string tying the wheat into a bundle. R hand goes in back with palm facing out to protect the body from the bundle.  
1 Ct 1: Move fwd on R ft  
2: Close with L ft (knee still bent)  
3: Kick R ft in front and bring it back close to the L one  
2-8 Repeat exactly the same thing.

Chukche or Tap: means the movement when the heel of a foot which is placed on the ground is raised for an instant and brought down again.