



KJUSTENDILSKA RÂČENICA

- TRANSLATION : *Râčenica* ("dance with hand and arm movements) from the region of the town of Kjustendil, *Šopluk* in Western Bulgaria.
- BACKGROUND AND ORIGIN : *Kjustendilska Râčenica* is very representative for Western Bulgaria and can be considered the *Râčenica* of the *Šopi*, as the people of the ethnographical region of *Šopluk* are called.
Other names for this dance are:
Šopska Râčenica, *Kjustendilska na lesa*, *Kopče* and *Kopčeto*.
Some of the typical and characteristic *Šop* features in this dance are:
- a 10-measure dance pattern. The same pattern also appears in 2/4 time in dances like *Šopsko za Pojas*, *Sitno Šopsko Horo* and *Graovsko Horo*.
- a fast vivid and "up beat" dance tempo
- strong "staccato-type" rhythmic 7/8 accompaniment, stressing all three main accents
- it is performed in the *Šopski* dancestyle
- MUSIC : Cassette "PAN BULGARIAN FOLK DANCES" - JL1987.02
by Jaap Leegwater. Side B ~~#~~ III, 1 & 6
Other excellent recordings reflecting the *Šop* characteristics are:
- *Kjustendilska Râčenica* (*Bitov*-orch. of Atanas Vûlčev)
Balkanton BHA 340, II-3
- *Kjustendilska Râčenica* (Boris Karlov - accordion)
Balkanton BHA 402,
- METER : 7/8  counted here as 
1 2 3
Q Q S
- SOURCE : Learned by Jaap Leegwater from Maria Eftimova at the State Choreographers Dance School in Sofia, Bulgaria.
Some of the additional variations were observed and learned from dancers in various *Šop* villages.
- STYLE : *Šopski* - small and energetic steps
- the upper part of the body moves slightly fwd in coordination with the knee and leg liftings
- the shoulders are relaxed and bounce gently on the rhythm of the steps (*Natrisanè*)
- FORMATION : Half circle or line. Hand held at belt-hold position, L arm over.
- INTRODUCTION : 16 measures

DESCRIPTION OF BASIC STEP & DANCE TERMS

MEAS PATTERN Graovka - 7/8

- 1 small lift on L ft, taking wt off R ft (ct 1),
step on R ft (ct 2),
step on L ft slightly bending L knee (ct 3)

Described here is a *Graovka* L.
Graovka R starts with a lift on the R ft.

Râcenica

- 1 small step on R ft (ct 1),
small step on L ft (ct 2),
small step on R ft, slightly bending R knee (ct 3)

Described here is a *Râcenica* RLR.
Râcenica LRL starts with a step on the L ft.

Šopska - 7/8

- 1 facing ctr, dance in place,
R knee up (ct &),
strike the ball of R ft next to R toes, straightening both knees (ct 1),
sharply lift R knee in front, bending L knee (ct 2),
low leap onto R ft in place at the same time lifting L knee
in front (ct 3)

Described here is a *Šopska* R.
Šopska L starts with the L knee up.

Zaluša - 7/8

A *Zalusa* is in fact a *Šopska*-step with crossing over in front.

- 1 repeat action of ct 1-2 of *Šopska* R (ct 1-2)
step or low leap onto R ft across in front of L ft,
bending R knee (ct 3)

Described here is a *Zaluša* R.
Zaluša L starts with the L knee up.

Nošica - 7/8

- 1 step or small leap onto R ft in place, kicking L ft fwd along
the floor with the toes pointing down (ct 1),
repeat action of ct 1 with opp ftwk (ct 2),
repeat action of meas 1 (ct 3)

Described here is a *Nošica* RLR.
Nošica LRL starts with a step on L ft.

All steps can be performed either in place or in any direction

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MEAS PATTERN Part 4 GLOBKA ("heel clicking")

- 1-8 repeat action of meas 1-8 of Part 1
- 9 move R ft slightly to the right (ct &),
close and click R ft next to L ft,
wt is now momentarily on both ft equally (ct 1),
small hop or *čukče* (heel lifting) on L ft (ct 2)
- 10 repeat action of ct& followed by Meas 9 with opp ftwk

Part 5 NOŠICA ("scissors")

- 1-7 repeat action of meas 1-7 of Part 1
- 8 small lift on R ft (ct &),
light jump on both ft together in place (ct 1-2),
small lift or hop on L ft, extending R ft fwd in front
close along the floor (ct 3)
- 9-10 *Nošica* RLR & LRL

Part 6 KRÂKOVE ("circles")

- 1-7 repeat action of meas 1-7 of Part 1
- 8 small lift on R ft (ct &),
light jump on both ft together in place (ct 1-2),
small lift or hop on L ft, swinging R leg across in front of L leg (ct 3)
- 9 facing ctr, dancing in place,
hop on L ft, quickly swinging R ft in an arc behind (ct 1),
step on R ft behind L ft, extending L ft fwd (ct 2),
step on L ft in place next to R ft (ct 3)
- 10 repeat action of meas 9

Part 7 KRÂSTOSANE ("crossing")

- 1-2 repeat action of meas 1-2 of Part 1
- 3 facing ctr, moving sdwd R,
step on R ft (ct 1),
step on L ft in front of R ft (ct 2),
step on R ft bending R knee (ct 3)
- 4 step on R ft (ct 1),
step on L ft behind R ft (ct 2),
step on R ft bending R knee (ct 3)
- Note: The steps of meas 3-4 are performed energetically and
with sharp knee liftings.
- 5-10 repeat action of meas 5-10 of Part 1
- Note: As another variant, a crossing step can be done to the L side
as well during meas 6-7 with opp ftwk & directions of meas 3-4.