

LAZARSKA RÂČENICA

Лазарска Ръченица
(Trakia-Bulgaria)

A women's dance connected with the Lazaruvane Springtime folk custom. These traditional steps are from the region of Stara Zagora.

Music: Yves Moreau CD

Meter: 7/8. Q-Q-S or 1-2, 1-2, 1-2-3

Formation: Women in line or open circle. Face ctr; wt on L ft. Arms in W pos.

Meter: 7/8

Pattern

No introduction. Start dance with song.

Fig. 1: Travel to R (Melody A - song)

- 1 Step on R to R, arms extend fwd & down (1) pause (2) step on L crossing behind R, arms continue moving down and back (3)
- 2 Step on R to R, arms begin to move fwd & up (1) pause (2) lift L ft bending L knee, arms extend up to W pos (3)
- 3 With arms in W pos, small step fwd twds ctr on L (1) pause (2) bring R ft behind L calf (3)
- 4 Repeat pattern of meas 1-3, five more times

Fig.2: Travel R and L (Melody B - song)

- 1 Facing LOD (R of ctr) three small running steps R-L-R.
- 2 Still moving LOD, three small running steps L-R-L.
- 3 Repeat pattern of meas 1-2
- 4 Repeat pattern of meas 1-3, Fig. 1 with same arm motions
- 5 Facing ctr, step back onto R ft (1) pause (2) left L knee (3)
- 9-16 Repeat pattern of meas. 1-8 with reverse direction & ftwrk (RLOD)

Fig. 3: Forward and turn (Melody C - instrumental)

- 1 Facing ctr, do three small running steps fwd twds ctr, R-L-R
- 2 Step on L crossing in front of R with body turning to face R (1) pause (2) bring R ft behind L calf (3)
- 3 With body facing ctr, step away from ctr with three small steps R-L-R
- 4 3 small steps in place L-R-L
- 5-8 Repeat pattern of meas 1-4
- 9 Moving twds ctr, three small running steps R-L-R
- 10 Still moving twds ctr, three small running steps L-R-L
- 11 With feet together, bend knees and clap hands extended to R (1) pause (2-3)
- 12 Repeat pattern of meas 11 but hands clap extended to L

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13-16 Letting go of hands, travel alone out to R, moving away from ctr (CW) and gradually coming back to face ctr using small running steps R-L-R, L-R-L, R-L-R, L-R-L. Note: while doing this pattern, the hands do special motion: close fist inwards (1) pause (2) extend fingers & hands stretched out (3)

Dance repeats from beginning

Presented by Yves Moreau