

SEVERNJAŠKA RÂŽENICA
SEVERNYASHKA RACHENITZA

(North Bulgaria)

Line dance -- No partners

Translation: Rachenitza from "The North" (North Bulgaria).

Source: Learned in the village of Dolni Dabnik near Pleven, North Bulgaria, summer 1966 by Yves Moreau.

Record: XOPD LP Volume 1, Side 2 - Band 4.

Rhythm: 7/16 (quick quick, slow).

Starting Position: "V" position (hand hold) M & W in single line.

Styling: Body in upright position at all times; hand movements and stamps are firm as in Roumanian dances.

Measure Part 1 (Men & Women)

- 1 Facing slightly and moving right, one HOP-STEP-STEP (left) forward.
- 2-3 Continuing in the same direction, two (2) "rachenitza" steps starting on right foot - (RLR, LRL).
- 4 With right foot free, leap towards right & stamp with left foot, raising arms high.
- 5-8 REPEAT pattern of measures 1-4 reversing direction and footwork.
- 9-16 REPEAT pattern of measures 1-8.

Part 2 (Men & Women)

- 1-2 Two "rachenitza" steps (RLR, LRL) moving directly forward.
- 3 With right foot free, leap towards right & stamp with left foot, raising arms high..
- 4 REPEAT pattern of measure 3 reversing direction & footwork.
- 5-6 Two "rachenitza" steps (RLR, LRL) moving directly backwards.
- 7-8 REPEAT pattern of measures 3 & 4.
- 9-16 REPEAT pattern of measures 1-8.

Part 3 (Women)

- 1 Starting with right foot, one PAS DE BASQUE with left foot crossing in back of right foot.
 - 2 REPEAT pattern of measure 1, reversing direction & footwork.
 - 3 With right foot free, leap towards right & stamp with left foot, raising arms high.
 - 4 REPEAT pattern of measure 3, reversing directions & footwork.
 - 5-8 REPEAT pattern of measures 1-4.
 - 9-16 REPEAT pattern of measures 1-8.
- " When doing this figure, women have hands on hips, fingers in front.

CONTINUED

SEVERNYASHKA RACHENITZA

(Continued)

Measure

Part 3 (Men)

- 1-2 Two "rachenitza" steps moving directly FORWARD (RLR, LRL), starting on right foot.
- 3 With right foot free, leap towards right, bringing left knee up (90 degrees) & kick firmly forward with same, raising arms high.
- 4 REPEAT pattern of measure 3, reversing direction & footwork but then, lowering back arms.
- 5-6 Two "rachenitza" steps moving directly backward (RLR, LRL).
- 7 With right foot free, leap towards right & stamp with left foot raising arms high.
- 8 REPEAT pattern of measure 7 reversing direction & footwork.
- 9-16 REPEAT pattern of measures 1-8.
- * When doing this figure, the men, when going forward, join hands with the other men, and coming back they rejoin hands with the girls to re-start the dance (Part 1).

Part 3 (Special variation for Men)

* Women do same as Part 3 (Women)

- 1 Moving directly FORWARD, step on right foot, clapping hands at shoulder height, and HOP on same (right).
- 2 SQUAT on both feet & spring back up on left foot, leaving right foot free.
- 3-4 REPEAT pattern of measures 1 & 2.
- 5 With right foot free, leap towards right & stamp with left foot raising arms high.
- 6 REPEAT pattern of measure 5, reversing direction & footwork.
- 7 One "rachenitza" step moving directly backward (RLR).
- 8 With LEFT foot free, LEAP towards LEFT & STAMP with RIGHT foot raising arms high.
- 9-16 REPEAT pattern of measures 1-8.
- * When going forward, men perform SQUATS individually & then rejoin hands for stamping & backing up steps to rejoin with girls and start dance over.

Description by Yves Moreau
First presented at San Francisco KOLO FESTIVAL
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