

SLIVENSKA RĂCENICA
(Bulgaria)

Basic "răcēnica" steps as observed by Yves Moreau in Sliven area, Thrace, Bulgaria in 1969.

Pronunciation: SLEE-ven-skuh RUH-chuh-neet-sah

Record: Xopo X-332 (45 rpm). Other music can be used, but must be in a slow-moderate tempo.

Formation: Open circle. Hands joined down at sides. Face R of ctr. Wt on L.

Meter: 7/16 counted here as 1-2, 1-2, 1-2-3 (1-2-3) or quick-quick-SLOW.

Style: Knees bent, proud.

<u>Meas</u>	<u>Pattern</u>
4	<u>INTRODUCTION</u> (on listed record)

Note: Leader determines number of repeats of each pattern.

I. TRAVELLING

- 1 Moving LOD, step fwd on R heel (ct 1); roll onto full ft (ct 2); step fwd on L, bending knee (ct 3).
- 2-4 Repeat meas 1 three more times (four in all).
- 5 Small hop on L to face ctr (ct 1); bring R leg (knee fairly straight) around and step in front of L (ct 2); step on L in place (ct 3).
- 6 Hop on L (ct 1); bring R leg around and step in back of L (ct 2); step on L in place (ct 3).
- 7 Repeat meas 5.
- 8 Close R to L and bounce three times (cts 1,2,3).

II. FLEXION STEP, FORWARD AND BACK

- 1 With hands coming up above shldr level, take a small lift on L (ct uh of previous meas) and step fwd onto R ft with marked knee bend (ct 1); pause (ct 2); small hop on R (ct 3).
- 2 Repeat meas 1 with opp ftwk.
- 3 Small leap onto R (ct 1); brisk sharp touch with ball of L ft (ct 2); small hop on R (ct 3).
- 4 Repeat meas 3 with opp ftwk.
- Note: Meas 3,4 can move fwd a little, or be danced in place.
- 5-8 Repeat Meas 1-4 but move bkwd.
- Note: Arms come down on final meas of Fig. II after leader has signalled a change to Fig. I.

Presented by Yves Moreau