## SOPSKA RÂCENICA

5

SOURCE & TRANSLATION		Râčenica from Šopluk (Western Bulgaria)	
MUSIC	:	Cassette "Bulgarian Folk Dances" Jaap Leegwater JL1984.02.	
STYLE	:	-small energetic steps -shoulders move with the rythm of the steps ("natrissané")	
FORMATION	:	Open circle, arms : belt-hold (R-hand under L-hand over)	
METER	:	$7/8 : 1-2,1-2,1-2-3$ . Counted here as: $1,2,\underline{3}$	
INTRODUCTION	:	32 measures	
MEAS	PATTERN PA	art l "Basic"	
1 2 3-16	R fwd with sl: This step is orepeat action	tep on R fwd(ct 1), step on L fwd(ct 2), step ightly bend knee(ct 3) called: RÂČENICA - step RLR of meas 1 with opp ftwk, RAČENICA - step LRL	
2-10	repeat action	of meas 1-2 seven more times	
	Pa	art 2 "Knee"	
1 2 3-8	R(ct 2), step repeat action	, step on R sdwd(ct 1), step on L across behind on R,lift L knee at waist level(ct 3) of meas 1 with opp ftwk of meas 1-2 three more times	
	Pa	art 3 "Globka"	
1 2 3-4 5-8	stamp R heel a step on R sdwd on R sdwd(ct )	of meas 1-2 with opp ftwk	
Part 4 "Kick"			
1	with a small r	op on L in place, kick bottom half of R leg movement bkwd and fwd(ct 1), step on R in place on L in place(ct 3)	
2	_	of meas 1,ct 1-2(ct 1-2), touch L in front of R	
3	turn body fac:	ing centre,hop on R(ct l), step on L in place(ct	
4		oss in front of L(ct <u>3</u> ) ind R(ct 1), step on R in place(ct 2), step on L	

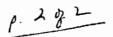
This step is called: CALUŠA - R repeat action of meas 5 with opp ftwk, SALUŠA - 5 6

lift R knee, L slightly bend(ct &), touch R next to L, stretc

L knee(ct 1), lift R knee, bent L knee(ct 2), leap on R across

across in front of R(ct 3)

in front of L(ct 3)



MEAS	PATTERN Part 4 (continued)		
7	hop on L(ct 1), step on R bkwd(ct 2), step on L bkwd(ct 3)		
8	This step is called: GRAOVKA -L step on R as L kicks fwd along the floor(ct 1), repeat action of ct 1 with opp ftwk(ct 2), repeat action of ct 1(ct 3)  This step is called: NOSICA -RLR		
9-16	repeat action of meas 1-8 with opp ftwk		
17-32	repeat action of meas 1-16		
Part 5 "Final"			
1	hop on L, lift R knee across in front of L(ct 1), step on R behind L(ct 2), step on L back in place(ct 3)		
2-4	repeat action of meas 1 three more times		
5	hop on L(ct 1), step on R in front of L(ct 2), step on L back in place(ct 3)		
6	hop on L(ct 1), step on R behind L(ct 2), step on L back in place(ct 3)		
7 - 8	2 nošica's, RLR, LRL		
9 -10	repeat action of meas 1 twice		
11-12	repeat action of meas 5-6		
13-15	3 nošica's, RLR,LRL,RLR		
16	<pre>leap on R, lift L knee in front at waist level(ct 1) hold(ct 2), stamp R beside L(ct 3)</pre>		