

Presented by Jaap Leegwater

ŠOPSKA RACENICA  
Bulgaria

SOURCE & TRANSLATION: <sup>^v</sup>Rācenica from <sup>✓</sup>Sopluk, (western Bulgaria)

MUSIC: Cassette: Bulgarian Folk Dances, Jaap Leegwater  
JL1984.02.

FORMATION: Lines in belt hold (L over R)

STYLE: Small energetic steps. Shldrs move with the rhythm of the steps (natrissanē).

RHYTHM: 7/8 meter, counted here as:  $\frac{1-2}{1}$   $\frac{1-2}{2}$   $\frac{1-2-3}{3}$

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METER: 7/8 PATTERN

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Meas.

INTRODUCTION: 32 meas

PART I: BASIC

1 Facing LOD, step R, L fwd (ct 1-2); step R fwd with slight plie (ct 3).

NOTE: This step is called: <sup>^v</sup>RACENICA step - RLR.

2-16 Repeat meas 1, alternating ftwk, 15 times (16 in all).

PART II: KNEE

1 Facing ctr, step R sdwd R (ct 1); step L behind R (ct 2); step on R as L knee lifts to waist level (ct 3).

2-8 Repeat meas 1, alternating ftwk, 7 times, (8 in all).

<sup>close</sup>  
PART III: GLOBKA

1 Close R firmly next to L (Globka) (ct 1); lift R knee (ct 2); stamp R heel slightly fwd (ct 3).

2 Step R sdwd R (ct 1); step L behind R (ct 2); step R sdwd R (ct 3).

3-8 Repeat meas 1-2, alternating ftwk, 3 times (4 in all).

PART IV: KICK

1 Facing LOD, hop L in place, lower R leg kicks with a small movement bkwd and fwd (ct 1); step R, L in place (cts 2-3)

2 Repeat meas 1, ct 1-2 (hop L - kick R; R in place) (ct 1); touch L in front of R, bend R knee (ct 3).

3 Turning to face ctr, hop on R (ct 1); step L in place (ct 2); step R across L (ct 3).

4 Step L behind R (ct 1); step R in place (ct 2); step L across R (ct 3).

# SOPSKA RACENICA

- 5 Lift R knee, L slightly bent (ct &); touch R next to L, stretch L knee (ct 1); lift R knee, bend L knee (ct 2); leap R across L (ct 3).  
NOTE: This step is called: ZALUŠA-R
- 6 Repeat meas 5 with opp ftwk - ZALUŠA - L
- 7 Hop on L (ct 1); step R, L bkwd (cts 2-3).  
NOTE: This step is called: GRAOVKA - L.
- 8 Scissors: Step on R as L kicks fwd close to floor (ct 1); repeat ct 1, alternating ftwk twice more (3 in all)(cts 2-3).  
NOTE: This step is called: NOŠICA - RLR
- 9-16 Repeat meas 1-8 with opp ftwk.
- 7-32 Repeat meas 1-16. (4 in all)

## PART V: FINAL

- 1 Hop on L as R knee lifts across L (ct 1); step R behind L (ct 2); step L in place (ct 3).
- 2-4 Repeat meas 1, 3 more times (4 in all).
- 5 Hop on L (ct 1); step R in front of L (ct 2); step L back in place (ct 3).
- 6 Hop L (ct 1); step R behind L (ct 2); step R in place (ct 3).
- 7-8 2 nošica ~~ls~~ (scissors) - RLR LRL
- 9-10 Repeat meas 1, twice more.
- 11-12 Repeat meas 5-6 (hop L, Rx, Lbk; hop L, R behind, L in place).
- 13-15 3 nošica ~~ls~~ (scissors) RLR LRL RLR.
- 16 Leap R, lift L knee fwd to waist level (ct 1); hold (ct 2); stamp R beside L (ct 3).

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