

TERVELSKA RÂKA

Тервелска Ръка
(Dobrudža-Bulgaria)

A variation on the popular Râka widespread throughout Dobrudža. This version comes from the area around the town of Tervel. Observed by Yves Moreau in 1972.

Music: Yves Moreau CD

Meter: 2/4

Formation: Mixed lines or open circle; hands joined up in W pos; wt on L, face R of ctr.

Meter 2/4

Pattern

Introduction: 32 meas (instrumental). Start dance with song.

Fig. 1: Travel step - Melody A - song

- 1 Facing LOD, step fwd on R (1) low fwd scuff with L next to R (2)
- 2 Same action as in meas 1 but begin with L ft
- 3-4 Repeat pattern of meas 1-2
- 5 Two small steps fwd in LOD, R-L (1-2)
- 6 Small step on R (1) low fwd scuff with L next to R (2)
- 7-8 Same action as in meas 5 but begin with L ft
- 9 Facing ctr, small light leap to R onto R raising L knee (1) hold (2)
- 10 Same action as in meas 7 but with reverse ftwrk
- 11 Step on R to R (1) strong scuff fwd with L ft across R, simultaneously rotating elbows back (2)
- 12 Strong step onto L across R, simultaneously extending both arms diag fwd, straight elbows (1) hold (2)
- 13 Facing ctr, step on R to R, arms start moving down (1) step on L behind R, arms continue moving down (2)
- 14 Step on R to R, arms move up to W pos (1) stamp with L next to R, no wt (2)
- 15 Step on L in place (1) stamp with R next to L, no wt, with a slight "pull" motion of the arms in W pos
- 16 Stamp again with R next to L, no wt, with another "pull" motion of the arms (1) hold (2)
- 17-32 Repeat pattern of meas 1-16

Fig. 2: In and out - melody B - instrumental

- 1 Facing ctr, step fwd on R, arms begin extending fwd and down (1) scuff with L fwd next to R (2)
- 2 Same action as in meas 1, but starting with L, still moving fwd, arms continue extension down and back & fwd
- 3 Moving bkwd, two steps R-L, arms move back

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- 4 Step fwd onto R, arms move fwd (1) low stamp with R next to L, arms are in W pos (2)
- 5 Step onto L in place (1) low stamp with R next to L, no wt (2)
- 6 Large step back onto R simultaneously extending L leg fwd , straight knee and both arms (1) hold (2)
- 7 Step on L in place, arms are back to W pos (1) low stamp with R next to L, no wt, arms do a "pull" motion (2)
- 8 Stamp again with R next to L, no wt, arms do another "pull" motion (1) hold (2)
- 9-32 Repeat pattern of meas 1-8, three more times

Repeat dance from beginning

Presented by Yves Moreau