TOPÉLISKA RÂKA

TOPČIJSKA RAKA

TRANSLATION AND ORIGIN Top&ij = village in the district of Tolbuhin $R\hat{a}ka =$ forearm, hand

Râka is one of the basic dances of Dobrudza, North East Bulgaria and got its name because of the handhold position: za rože (by the hand) and the fact that arm movements are an important

part of the dance.
This version is done by both men and women in mixed lines in the villages of the Silistrenski

district.

MUSIC

: LP "Folk Dances from Bulgaria - 3"
by Jaap Leegwater JL 1985.01 Side 1 Band 6

SOURCE

: Learned by Jaap Leegwater as a student at the Choreographer School in Plovdiv in 1975 from Dimitâr Dojčinov.

METER

2/4

STYLE

: Dobrudžanski

-heavy weight on the whole feet

-knee bend position

-hips are slightly bent fwd

-upper part body erect and proud

-every stamp is accompanied by a slight knee

bending or dipping

-a kind of peasant or earthy quality

FORMATION

Medium length lines or half circle

Hands held in W-position Wt on R ft, L ft free

INTRODUCTION

4 measures

MEAS	PATTERN	Part 1	"Osnovno"	
	STEPS		ARMS	
1	facing ctr, step on L ft fwd (ct 1),		extend fwd high	(push away)
•	stamp on R ft next toes (ct &)	o L	swing down	
	step on R ft bkwd (c	t 2),	bkwd	
	<pre>lift L ft off the fl (ct &)</pre>	oor	down	



TOPČIJSKA RAKA (continued)

5-8

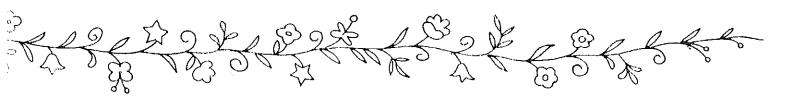
repeat action of meas 1-4

MEAS	PATTERN	Part 1 "Osnovno" (continued)		
•	STEPS		ARMS	
2	turning face diag L step on L ft diag L stamp on R ft next L ft, bending both l and body at waist (d	(ct 1) to knees	fwd W-position	
3	stamp on R ft next ft (ct 2), hold (ct turning face twd LOI and moving LOD, step R ft (ct 1), low hop R ft, lifting L knew step on L ft (ct 2) hop on L ft, lifting	&) p on p on e (ct &), , low	W-position	
4	<pre>(ct &) turning face ctr, step on R ft sdwd R step on L ft across R ft (ct &)</pre>	(ct 1) behind	stretch fwd high swing down and bkwd	
5-16	step on R ft sdwd R bounce on R ft, swin L leg fwd low (ct & repeat action of meathree more times	nging)	fwd low W-position	
		Part 2ª "Vã	inšna Svivka"	
1	facing ctr, step on L ft fwd (ct stamp R ft next to] (ct &)		extend fwd high down and bkwd	
2	step on R ft bkwd (o step on L ft bkwd (o stamp R ft heavily n L ft, bending both I swing R heel up sdwo	ct &) next to knees (ct 1) d R and	fwd W-position put elbows down in W-position	
3-4	look across R should repeat action of med			

TOPČIJSKA RÂKA (continued)

MEAS	PATTERN Part 2b "Zadna Svivka"
1 2	repeat action of meas 1 of Part 2 ^a stamp R ft heavily next to L ft, bending both knees (ct 1), swing R heel up across behind L and look across L shoulder (ct 2)
3-4 5-8	repeat action of meas 3-4 of Part 1 repeat action of meas 1-4
	Part 3 "Klakanè"
1	hand on the back, facing and moving fwd ctr, low leap onto L ft, lifting R knee in front (ct 1), low leap onto R ft, lifting L knee in front (ct 2)
2	low leap onto L ft in place, swinging R ft across in front of L shinbone (ct 1), low leap onto R ft in place, swinging L ft across in front of R shinbone (ct 2)
3	low leap onto L ft in place, lifting R knee in front (ct 1), stamp R heel, without wt, next to L toes (ct &), squat (ct 2)
4	facing ctr, moving bkwd, come up with a low leap onto L ft (ct 1), stamp R heel, without wt, next to L toes (ct &), turning face diag R, fall onto R ft diag R bkwd and keep L toes on the floor with the heel turned out (ct 2), hold (ct &)
5-6 7	repeat meas 2-3 facing ctr, moving bkwd, come up with a low leap onto L ft (ct 1), stamp R heel, without wt, next to L toes (ct &), low leap onto R ft (ct 2), stamp L heel, without wt, next to R toes (ct &)
8 9-16	repeat action of meas 4 repeat action of meas 1-8

N.B. Repeat the whole dance one more time from the beginning



Description by Jaap Leegwater © 1985 Presented by Jaap Leegwater
Naine Folk Dance Camp 1986