


# TOPČIJSKA RÂKA

172-39

## TOPČIJSKA RÂKA

- TRANSLATION : *Topčij* = village in the district of Tolbuhin  
AND *Râka* = forearm, hand  
ORIGIN
- Râka* is one of the basic dances of Dobrudza, North East Bulgaria and got its name because of the handhold position: *za roče* (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<br>L ft fwd (ct 1),<br>stamp on R ft next to L<br>toes (ct &)<br>step on R ft bkwd (ct 2),<br>lift L ft off the floor<br>(ct &) | extend fwd high (push away)<br><br>swing down<br><br>bkwd<br>down |
|---|---|---|



TOPČIJSKA RÂKA (continued)

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1 "Osnovno" (continued)</u>
	<u>STEPS</u>	<u>ARMS</u>
2	turning face diag L, step on L ft diag L (ct 1) stamp on R ft next to L ft, bending both knees and body at waist (ct & stamp on R ft next to L ft (ct 2), hold (ct &	fwd W-position
3	turning face twd LOD and moving LOD, step on R ft (ct 1), low hop on R ft, lifting L knee (ct &), step on L ft (ct 2), low hop on L ft, lifting R knee (ct &	W-position
4	turning face ctr, step on R ft sdwd R (ct 1) step on L ft across behind R ft (ct & step on R ft sdwd R (ct 2) bounce on R ft, swinging L leg fwd low (ct &	stretch fwd high swing down and bkwd  fwd low W-position
5-16	repeat action of meas 1-4 three more times	

Part 2<sup>a</sup> "Vânšna Svivka"

1	facing ctr, step on L ft fwd (ct 1) stamp R ft next to L toes (ct & step on R ft bkwd (ct 2) step on L ft bkwd (ct &	extend fwd high down and bkwd  fwd W-position
2	stamp R ft heavily next to L ft, bending both knees (ct 1) swing R heel up sdwd R and look across R shoulder (ct 2)	put elbows down in W-position
3-4	repeat action of meas 3-4 of Part 1	
5-8	repeat action of meas 1-4	

TOPČIJSKA RÂKA (continued)

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 2<sup>b</sup> "Zadna Svivka"</u>
1	repeat action of meas 1 of Part 2 <sup>a</sup>	
2	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	repeat action of meas 3-4 of Part 1	
5-8	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	repeat meas 2-3
7	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	repeat action of meas 4
9-16	repeat action of meas 1-8

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

