

VRAČANSKA RÂČENICA



TRANSLATION : *Râčenica* from the town of Vraca, North Bulgaria.
 The name *Râčenica* is derived from:
 1. *Râka* = hand, forearm
 2. *Râcen* = manual, with the hand
 3. *Râcenik* = scarf, shawl, kerchief

In dance & music terminology the term *Râčenica* is used to indicate a dance in 7/8 meter (2-2-3) and is also the name of its basic three-step.

MUSIC : Cassette "BULGARIAN FOLK DANCES" - JL1987.01
 by Jaap Leegwater

SOURCE : This version is also known as *Severnjaška Râčenica*, named after the region *Sever na Bâlgaria*, North Bulgaria. Jaap Leegwater learned it from the Bulgarian dance teacher Zdravka Dimova when she was on her teaching tour in the Netherlands in 1975.

STYLE : Light and "jumpy"

METER : 7/8  counted here as 
 Q Q S

INTRODUCTION : 2 measures

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1</u>
1	facing & moving in LOD, hop on L ft (ct &), step on R ft fwd (ct 1-2), hop on R ft (ct 3)	
2	hop on R ft (ct &), step on L ft fwd (ct 1-2), hop on L ft (ct 3)	
3-4	repeat action of meas 1-2	
5	facing ctr, moving sdwd R, hop on L ft, raising R ft close to the floor (pointing twd ctr) swing arms fwd low (ct 1), step on R ft sdwd R, swinging arms bkwd (ct 2), step on L ft across behind R, swinging arms down (ct 3),	
6-8	repeat action of meas 5 three more times	
9-16	repeat action of meas 1-8	

		<u>Part 2</u>
1	arms in W-position, facing and moving twd ctr, step on R ft (ct 1), step on L ft (ct 2), step on R ft (ct 3) This step is called a <i>RÂČENICA</i> -step RLR	
2	repeat action of meas 1 with opp ftwk, <i>RÂČENICA</i> -step LRL	
3	facing ctr, moving bkwd away from ctr, hop on L ft, swinging arms fwd low (ct 1), step on R ft, swinging arms bkwd (ct 2), step on L ft, swinging arms low (ct 3)	
4	repeat action of meas 3	
5-16	repeat action of meas 1-4 three more times	

VRAČANSKA RÂČENICA (continued)

MEAS PATTERN Part 3

- 1 facing ctr, dancing in place,
hop on L ft, lifting R knee slightly turned in (ct 1),
turning face diag L, step on R ft in front of L (ct 2)
step on L ft back in place (ct 3)
- 2 hop on L ft, lifting R knee slightly turned out (ct 1),
turning face diag R, step on R ft behind L (ct 2),
step on L ft back in place
- 3 repeat action of meas 1
- 4 RÂČENICA RLR in place
- 5-8 repeat action of meas 1-4 with opp ftwk & directions
- 9-16 repeat action of meas 1-8

Part 4

- 1-4 4 RÂČENICA steps in place, RLR, LRL, RLR, LRL
- 5 repeat action of meas 1 of Part 3
- 6 RÂČENICA RLR
- 7 repeat action of meas 13 of Part 3
- 8 RÂČENICA LRL
- 9-16 repeat action of meas 1-8

SEQUENCE OF THE DANCE

Introduction : 2 measures

Part 1	2x	
Part 2	4x	
Part 3	2x	2x
Part 4	2x	
Part 1	2x	
Part 2	4x	