

dance: VRAČANSKA RÂČENICA
tune : SEVERNIAŠKA RÂČENICA

TRANSLATION : The Râčenica is a dance in 7/16 meter. This version of the Râčenica is from the town of Vraca, Severniaško region (Northern Bulgaria)

RECORD : Balkanton BHK 3395 Side II

STYLE : lightly and "jumpy"

FORMATION : Open circle, arms at shoulder level; W-position

METER : 7/16 : 1-2,1-2,1-2-3. Counted here as: 1,2,3

INTRODUCTION : 2 measures

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1</u>
1	facing CCW, hop on L(ct &), step on R fwd(ct 1-2), hop on R(ct 3)	
2	hop on R(ct &), step on L fwd(ct 1-2), hop on L(ct 3)	
3-4	repeat action of meas 1-2	
5	facing centre, hop on L while R is a little in front just above the floor, arms moving fwd and down(ct 1), step on R sdwd, arms moving bkwd(ct 2), step on L across behind R, arms moving fwd(ct 3)	
6-8	repeat action of meas 5 three more times	
9-16	repeat action of meas 1-8	

Part 2
arms: W-position

1	facing centre, step on R fwd(ct 1), step on L fwd(ct 2), step on R fwd(ct 3) This step is called: RÂČENICA -step RLR
2	repeat action of meas 1 with opp ftwk, RÂČENICA-step LRL
3	hop on L bkwd, simultaneously arms moving fwd and down(ct 1) step on R, arms moving bkwd(ct 2), step on L bkwd, arms moving fwd(ct 3)
4	repeat action of meas 3
5-8	repeat action of meas 1-4
9	hop on L, lift R knee(ct 1), step on R in front of L(ct 2) step on L back in place(ct 3)
10	hop on L, lift R knee(ct 1), step on R behind L(ct 2), step on L back in place(ct 3)
11	repeat action of meas 10
12	râčenica-step RLR in place
13-16	repeat action of meas 9-12 with opp ftwk

Part 3

- 1-4 4 racenica-steps in place,RLR,LRL,RLR,LRL
5 repeat action of meas 9 of Part 2
6 racenica-step RLR
7 repeat action of meas 13 of Part 2
8 racenica-step LRL
9-16 repeat action of meas 1-8

N.B. ENDING on the last measure of the music: leap on L
lift R knee at waist level(ct 1), stamp R heel beside L(ct 2)
hold(ct 3)

Presented by Jaap Leegwater

Description by Jaap Leegwater &
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