

# ŽENSKA RÂČENICA

Bulgaria

TRANSLATION : "Women's Râčenica"

ORIGIN : Trakia, Bulgaria


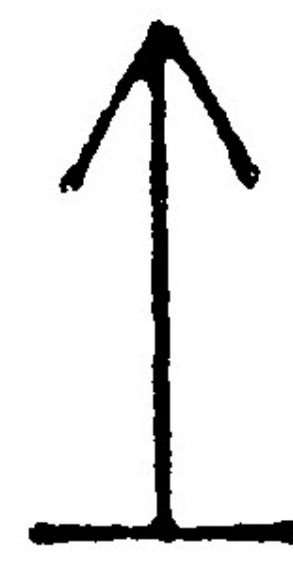
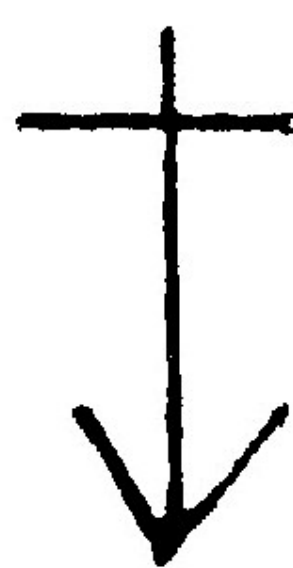
MUSIC : Cassette "FOLK DANCES FROM BULGARIA" -JL 1992.02  
Side B, Band 18.

Many dances in Trakia especially are originally performed to songs. The accompanying recording used for this dance is the song Mama Slavjana Dumaše ("Mother said to Slavjana") in a performance of the Zornitsa Vocal Trio.


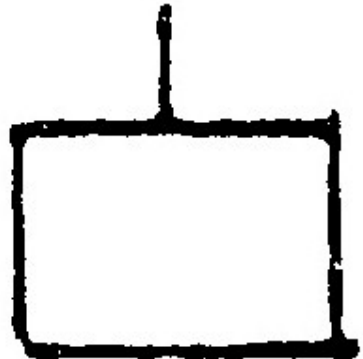
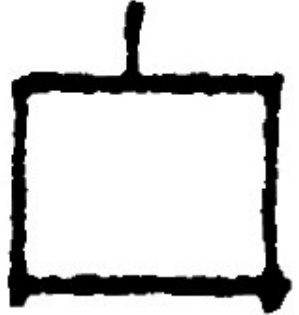
STYLE : Trakijski  
- light and feminine

FORMATION : Open circle.  
Hands joined in W-position.

MUSICAL INTRODUCTION : 8 measures

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	<u>Part 1</u>	
	1	1	bounce on L ft		
		2	step on R ft		
		3	step on L ft across behind R ft		
	2	1	step on R ft		
		2	bring L leg low in front of R leg		
		3	bounce on R ft		
	3	1	bounce on R ft		
		2	step on L ft across in front of R ft		
		3	step on R ft		
	4		repeat action of meas 3		
		5	1	step on L ft	
			2	lift L heel	
3			drop L heel		
	6	1	step back on R ft		
		2	lift R heel		
		3	drop R heel		



<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u> Part 2
	7	1	bounce on R ft
		2	step on L ft
		3	step on R ft next to L ft
	8	1	bounce on R ft
		2	step on L ft
		3	close R ft, without wt, next to L ft
	9-24		repeat action of meas 1-8 two more times
	1	1-2	small leap onto R ft, flicking L ft in front
		3	small leap onto L ft, flicking R ft ft in front
	2	1	step on R ft
		2	step on L ft in front of R ft
		3	step back on R ft in face
	3	1	hop on R ft, bringing L ft around
		2	step on L ft behind R ft
		3	step on R ft next to L ft
	4	1	fall onto L ft in front of R ft, slightly bending body at waist
		2	step back on R ft
		3	step on L ft next to R ft
	5		repeat action of meas 4 with opp ftwk
	6	&	bounce on R ft, extending L ft fwd followed by
		1	a step on L ft
		2	move R ft fwd
		3	bounce L ft
	7		repeat action of meas 6 with opp ftwk
	8		repeat action of meas 6
	9-16		repeat action of meas 1-8 in place and bkws