


ŽENSKA RĀKABULGARIA

TRANSLATION : "Woman's hand"

ORIGIN : Region of Dobrudža, Northeastern Bulgaria.

METER : 2/4 

SOURCE : This woman's version of RĀKA was taught by Stanka Petkova and Nina Kavardjikova at the Bulgarian Summer Dance Seminar in Plovdiv, August 1986.

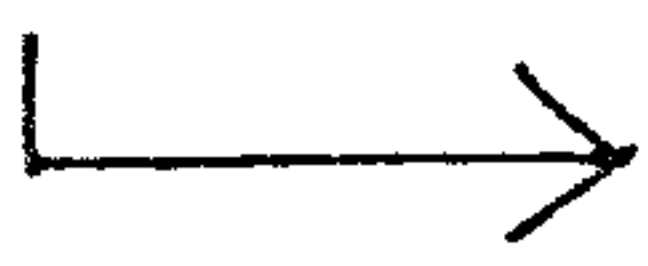


MUSIC : Cassette Nina Kavardjikova 1994.01.

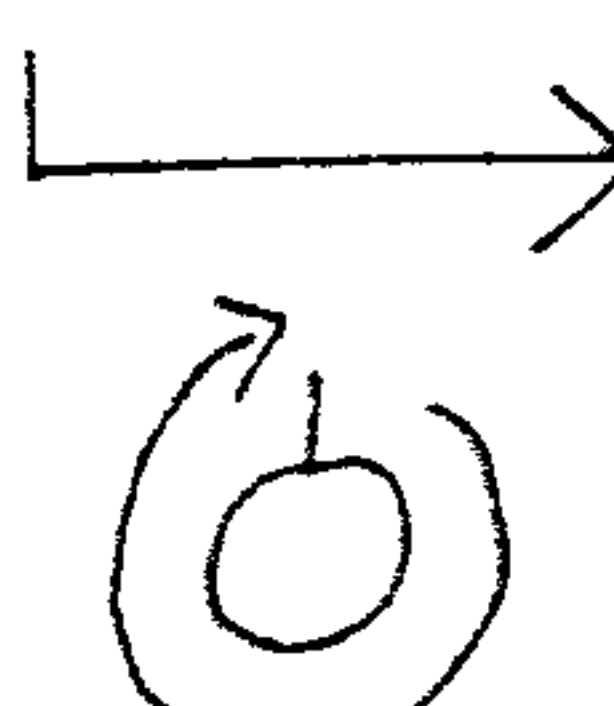

STYLE : Dobrudzanski :
- the steps are light and bouncy
- the movements feminine with graceful hand and arm gestures

FORMATION : Open circle, facing ctr.


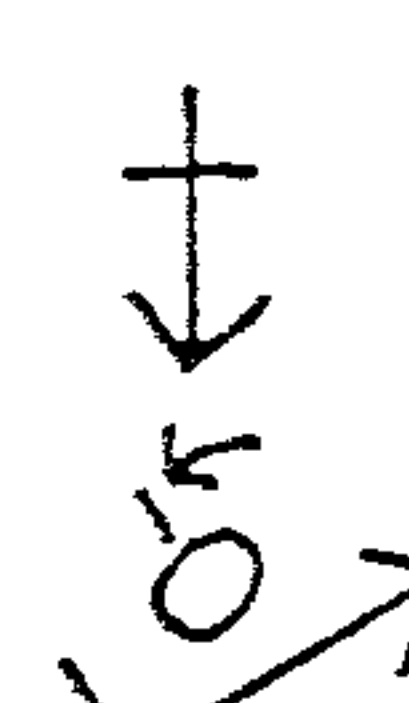


HANDS : Tea-cup position with the palm facing up and the R hand on top of the neighbor's L hand.

INTRODUCTION : 4 bars.

| <u>DIRECTION</u> | <u>MEAS</u> | <u>CT</u> | <u>PATTERN</u> | <u>Part 1</u> |
|---|-------------|-----------|--|---------------|
|  | 1 | 1 | Step on R ft sdwd R | |
| | | & | Bend R knee, slightly lifting L knee | |
| | | 2 | Step on L ft in front of R ft | |
| | | & | Bend L knee, slightly lifting R knee | |
| | 2 | 1 | Step on R ft | |
| | | & | Bend R knee, slightly lifting L knee | |
| | | 2 | Step on L ft behind R ft | |
| | | & | Bend L knee, slightly lifting R knee | |
|  | 3-8 | | Repeat action of meas 1-2 three more times | |
| | 9 | 1 | Step on R ft, individually extend hand and arms up like in a high W-position | |
| | | & | Small stamp with L ft, without wt, next to R ft, slightly bending both knees, sway hands slightly sdwd R | |
| | | 2-& | Repeat action of ct 1-& with opp ftwk and directions | |
|  | 10-12 | | Rep at action of meas 9 three more times | |
| | 13-16 | | Repeat action of meas 9-12 bkwd | |
| | 17-32 | | Repeat action of meas 1-16 | |

| <u>DIRECTION</u> | <u>MEAS</u> | <u>CT</u> | <u>PATTERN</u> | <u>Part 2</u> |
|---|-------------|-----------|--|---------------|
|  | 1-8 | | Repeat action of meas 1-16 of Part 1 | |
| | 9 | 1 | Step on R ft, hands individually raised in high W-position | |
| | | & | Small stemp with L ft, without wt, next to R ft, slightly bending both knees, sway hands slightly sdwd R | |
| | | 2-& | Repeat action of ct 1-& with opp ftwk and directions, but continue turning to the R | |
|  | 10-12 | | Repeat action of ct 9 three more times | |
| | 13-16 | | Repeat action of ct 9-13 to the L | |

Part 3

| | | | | |
|---|------|---|---|--|
|  | 1 | 1 | Facing diag. L, with the hands joined in W-position, step on R ft with R toes pointing diag L, swinging arms down | |
| | | & | Small stemp with L ft, without wt, next to R ft, slightly bending both knees and swinging arms bkwd low | |
| | | 2 | Facing diag R step on L ft with L toes pointing diag R, swinging arms fwd low | |
| | | & | Small stamp with R ft, without wt, next to L ft, slightly bending both knees and swinging arms up to W-position | |
|  | 2 | 1 | Facing center, step on R ft bkwd, extending atms fwd | |
| | | & | Step on L ft bkwd, swinging arms down | |
| | | 2 | Turning face diag L, step on R ft bkwd with R toes pointing diag L, swinging arms bkwd low | |
| | | & | Small stamp on L ft, without wt, next to R ft, swinging arms down | |
|  | 3 | 1 | Turning face diag R, step on L ft, with toes pointing diag R, swinging arms fwd | |
| | | & | Small stamp on R ft, without wt, next to L ft, arms in W-position | |
| | | 2 | Step on R ft, pushing both arms fwd | |
| | | & | Step on L ft next to R ft, pulling arms slightly back towards W-position | |
|  | 4 | 1 | Step on R ft bkwd, L ft extended stays on its place on the floor, pushing both arms fwd | |
| | | & | Keep this position, pull arms back to W-position | |
| | | 2 | Turning face L, step on L ft sdwd L, swinging arms fwd | |
| | | & | Small stemp on R ft, without wt, next to L ft, arms down | |
| | 5-16 | | Repeat action of meas 1-4 three more times | |