

RIKA

SOURCE: Martin Koenig, learned and filmed in Dobrudja 1967

TIME: 2/4

MUSIC: Balkan Arts ME-2H

FORMATION: Short men's lines, W position to start

NOTES: This dance is from Dobrudja in Bulgaria, and exhibits the heavy men's styling of that region. Knees are bent, legs apart in a sitting position, (sednalo) upper body erect throughout.

Sequence Free call

Measure Basic ("Raz")
Moving right (2), in place (1), moving left (1)

1 Step right with R (ct 1) Stamp L beside R slightly ahead (ct &)
Repeat cts 1& with opposite footwork (cts 2&)
Arms out (ct 1) down (ct &) back (ct 2) and down (ct &) in a smooth swing

2 Step right with R (ct 1)
Step right behind R with L (ct &)
Step right with R (ct 2)
Stamp L beside R, slightly ahead (ct &)
Arms same as measure 1

3 Step diagonally left and in with L (ct 1)
Stamp R beside L, slightly ahead (ct &)
Step diagonally right and out with R (ct 2)
Stamp L beside R, slightly ahead (ct &)
Arms same as measure 1

4 Repeat measure 2 with footwork reversed
Arms same as measure 1

Measure 1st variation ("dva")
In place (4)

1 Leap on R lifting L bent in front (cts 1&)
Repeat cts 1& with footwork reversed (cts 2&)

2 Repeat measure 1 cts 1& (cts 1&)
Arms in W position throughout