

RÂČENICA NA HORO
Bulgaria

TRANSLATION: Line Râčenica

The word "Râčenica" is derived from the noun "râka" (sg), "râce" (pl); hand or forearm. Many "Râčenicass" are accompanied by beautiful hand and arm movements.

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

The "Râčenica" is the most widespread dance in Bulgaria and therefore sometimes called "the Bulgarian national dance." It is performed in all kinds of formations and throughout the whole year. Some other "Racenicass" however, are only done on special occasions, like the ones that are connected with weddings and seasonal festivities.

This "Râčenica" is done in an open circle and therefore gets the extension "na Horo". It is performed in Trakija and Northern Bulgaria. Simular versions are known danced to a song.

Learnd by Jaap Leegwater from Dimitar Dojcinov choreographer and dance researcher from Plovdiv, Bulgaria. This dance was presented by Jaap at the 1987 Santa Barbara Symposium.

MUSIC: Bulgarian Folk Dances (tape) JL 1987.01 by Jaap Leegwater.

FORMATION: Open circle with hands joined in "W" pos.

RHYTHM: 7/8 meter counted as: $\frac{1-2}{1}$ $\frac{3-4}{2}$ $\frac{5-6-7}{3}$ (Q,Q,S)

METER: 7/8

PATTERN

Meas

INTRODUCTION: 16 meas

PART I:

- 1 Facing ctr and moving sdwd R,
lift on ball of L ft(ct 1); step R to R - arms extend up and fwd (ct 2);
step L behind R - arms swing down (ct 3).
- 2 Step R diag R fwd -arms swing bkwd(ct 1);
bring L leg fwd with knee bent and turned out - arms swing fwd low (cts 2-3).
- 3 Step L in front of R in 4th pos, bending both knees - swing arms to "W" pos (cts 1-2);
lift on ball of L ft, lift R of floor (ct 3).
- 4-30 Repeat meas 1-3, 9 more times. (10 in all)

Cont.

31-32 Do 2 "Racenicass" (Basic's) in place, RLR LRL - place both hands at waist on meas 32, ct 3.

PART II:

1 Hands at waist, facing ctr and moving sdwd, lift on ball of L ft, extending R leg sdwd R close to floor (ct 1);
step R to R (ct 2);
close L to R, no wt on R (ct 3).
NOTE: Upper body movements: Slightly sdwd R (ct 1);
straighten body (ct 2); hold (ct 3).

2-3 Repeat meas 1, 2 more times (3 in all).

4 Flat footed Racenica, RLR, turning 1/2 CW (R) in LOD, bend body slightly fwd at waist. End facing out.

5-8 Repeat meas 1-4 with opp ftwk and direction, but now facing out. Turn 1/2 CCW (L) on last meas to again face ctr.

9-16 Repeat meas 1-8.

PART III:

1 Joining hands in "V" pos, facing ctr, and move sdwd R, leap low onto R to R (ct 1);
step L in front of R (ct 2);
step R back in place (ct 3).

2 Hop on R bring L ft in a arc sdwd-behind (ct 1);
step L behind R (ct 2); step R to R (ct 3).

3 Hop on R as L leg extends fwd and heel taps floor (ct 1);
step L across R (ct 2);
step R to R (ct 3).

4-5 Repeat meas 3, 2 more times (3 in all).

6 Facing ctr and dancing in place,
bounce on R as L leg pumps fwd and down (ct 1);
hop on R as L arcs bkwd (cts 2-3).

7 Step L behind R as R leg pumps fwd and down (ct 1); "Pleti" or
hop on L as R arcs bkwd (cts 2-3). Reel-step

8 Step R behind L
extending R fwd close to floor (ct 1);
step L beside R as L extends fwd and low (ct 2); "Nosica" or
step R beside L as R extends fwd and low (ct 3). Scissors

9-16 Repeat meas 1-8 with opp ftwk and direction.

Repeat from beg to end of music.