

RACHENITSA NA SRYATA

RACHENITSA NA SRYATA (Bulgarian Dance in Contra Formation)

- Pronunciation:** Ra-che-noe-tsa na Sree-a-ta
- Source:** from dancers in Bulgaria, 1957, 1959. First presented at Stockton Folk Dance Camp 1961 by Michel Cartier
- Records:** Rachenitsa from Briagovo, Folkdancer LP MH 109, band 4
Pred Tsenkini Rachenitsa, Xopo LP 1-a, band 6
- Formation:** Dancers form a contra formation (two rows of dancers, 8 ft apart). Alternate M and W preferably. Hands on belt of neighbors, R over L. End dancers carry handkerchief.
- History:** It is performed during the wedding ceremony, when the bride's sister-in-law meets her at her father-in-law's house.
- Style:** The name indicates the character of the dance: "Na Sryata" means to meet. The action calls for the dancers to meet, part and meet again. It is very free and the dance described below is only a version of what can be done.
- Rhythm:** The 7/16 rhythm is easily broken down into a quick-quick slow pattern: 1, 2, 3.
- Basic step:** Ct 1: Leap fwd on R ft (on toes)
2: Close with L ft on toes
3: Leap fwd on R ft with a little swing of L ft backward.
Reverse ftwk to go backward.

Measures

Pattern

- I.
- 1 Basic step fwd beg with R ft
2 Basic step fwd beg with L ft
3 Basic step fwd beg with R ft
4 Ct 1: put the L ft fwd.
2: pause
3: hop and stamp on this L ft (chukche)
5-8 Repeat 1-4 but reversing ftwk and going back
9-12 Repeat 1-4
13-16 Repeat 1-4 but reversing ftwk and going back
- II.
- 1 Ct 1: Jump on L ft fwd, R ft pointed fwd
2: Jump on L ft fwd, R ft pointed fwd
3: Move fwd on R ft
2 Repeat but reverse ftwk
3-4 Repeat 1-2
5-8 Four basic steps going bwd (start with R ft)
9-12 Repeat 1-4
13-16 Four basic steps going bwd (start with R ft)
- III.
- 1 Ct 1: Jump on L ft fwd, R ft pointed at R
2: Jump on L ft fwd, R ft pointed in front
3: Move fwd on R ft, crossed in front of L

(cont'd)

Rachenitsa Na Sryata (cont'd)

- 2 Repeat meas 1 but reverse ftwk
 3-4 Repeat 1-2
 5-8 Four basic steps going bwd-start with R ft
 9-12 Repeat 1-4
 13-16 Four basic steps going bwd-start with R ft
- IV.
- 1 Ct 1: Hop on L ft and lift R ft-knee bent
 2: Stamp the R ft fwd
 3: Bring the L ft close to the R ft
 2-4 Repeat meas 1 3 times
 5-8 Four pas de basque moving bwd- start: R bwd)
 9-12 Repeat meas 1-4
 13-16 Four pas de basque moving bwd- start: R bwd)
- V.
- 1 Ct 1 hop on your two feet; R cross in front of L
 2 " " " "
 3 " " " "
 2-4 Same thing but reverse ftwk
 5 Ct 1 Lift the R ft in front (knee not bent)
 2 The R ft is placed on ground with weight of body on it
 3 Lift the L ft bwd.
 6 Ct 1 Lift L ft in front (knee bent)
 2 Continue this movement of L ft
 3 Put down L ft behind R ft where it starts.
 7 Ct 1 Hop bwd on your two ft: R ft cross behind L
 2 " " " "
 3 " " " "
 8 Ct 1 " " L ft cross behind R
 2 " " " "
 3 " " " "
 9-16 Repeat meas 1-8
- VI.
- 1-8 8 basic steps moving bwd
 9 Hop and cross R ft in front of L
 10 Hop on your ft apart
 11 Hop and cross L ft in front of R
 12 Hop on your ft apart
 13 Hop and cross R ft in front of L
 14 Hop on your feet apart
 15 Ct 1-2: slide fwd on your two ft together
 3 slide bwd on your two ft apart
 16 Ct 1-2: bring together your two ft
 3 pause

Chukche or Tap: means the movement when the heel of a foot which is placed on the ground is raised for an instant and brought down again.