


ŽENSKA RÂKABulgaria

TRANSLATION : "Woman's hand"
ORIGIN : Region of Dobrudža, Northeastern Bulgaria.
METER : 2/4 
SOURCE : This woman's version or Râka was taught by Stanka Petrova at the Bulgarian Summer Dance Seminar in Plovdiv, August 1986.
MUSIC : Cassette Jaap Leegwater JL1988.04 Side B, Nr. 18
STYLE : Dobrudžanski
- the steps are light and bouncy
- the movements feminine with gracefull hand and arm gestures
FORMATION : Short lines, facing ctr.
All dancers hold their L hand in front of their belly with the palm facing up and the R hand on top of the neighbor's L hand.
INTRODUCTION : 4 measures

MEAS PATTERN Part 1

- 1 facing ctr, moving sdwd R,
 step on R ft (ct 1),
 bend R knee, slightly lifting L knee (ct &),
 step on L ft in front of R ft (ct 2),
 bend L knee, slightly lifting R knee (ct &)
- 2 step on R ft (ct 1),
 bend R knee, slightly lifting L knee (ct &),
 step on L ft behind R ft (ct 2),
 bend L knee, slightly lifting R knee (ct &)
- 3-8 repeat action of meas 1-2 three more times
- 9 facing and moving tw ctr, individually extend hand and arms up like in
 a high W-position,
 step on R ft (ct 1),
 small stamp with L ft, without wt, next to R ft, slightly bending both
 knees, sway hands slightly sdwd R (ct &),
 repeat action of ct 1-& with opp ftwk and directions (ct2-&)
- 10-12 repeat action of meas 9 three more times
- 13-16 facing ctr, moving bkwd,
 repeat action of meas 9-12
- 17-32 repeat action of meas 1-16

MEAS PATTERN Part 2

- 1 facing diag R, moving in LOD with the hands joined in W-position,
step on R ft diag R, swinging arms down (ct 1),
small stamp with L ft, without wt, next to R ft, slightly bending both
knees and swinging arms bkwd low (ct &),
step on L ft diag L, swinging arms fwd low (ct 2),
small stamp with R ft, without wt, next to L ft, slightly bending both
knees and swinging arms up to W-position (ct &)
- 2 facing diag R,
step on R ft bkwd, extending arms fwd and down (ct 1),
turning face diag L, step on L ft bkwd, swinging arms bkwd low (ct &),
turning face ctr, step on R ft fwd, swinging arms down (ct 2)
- 3 turning face diag R,
step on L ft slightly sdwd tw ctr, swinging arms up to W-position (ct 1),
stamp on R ft, without wt, next to L ft, slightly bending both knees,
arms in W-position (ct &),
turning face ctr, step on R ft bkwd, pushing both arms fwd (ct 2),
step on L ft next to R ft, pulling arms back to W-position (ct &)
- 4 step on R ft bkwd, pushing both arms fwd (ct 2),
hol ft, swing arms down (ct &),
turning face L, step on L ft sdwd L, swinging arms bkwd low (ct 2),
stamp R ft, without wt, next to L ft, swinging arms fwd low (ct &)
- 5-16 repeat action of meas 1-4 three more times

