

## Praznavodaeva Râčenica - Bulgaria

Râčenica ("dance with hand and arm movements") is from the ethnographical region of Trakija (Thrace) in Bulgaria. This Râčenica is representative of Central Bulgaria. It is done individually in the dance circle without holding hands, allowing the dancer optimal freedom for hand and arm gestures (as an Edinicna or Solova Râčenica), or with joining hands in line (Horo-Râčenica or Na Horo).

Rhythm: 7/8 (2-2-3), counted as 1-2-3 (Q-Q-S)

Formation: Open or half circle or short lines. Hands joined in "W" pos.

Introduction: Dance starts after 4 measures.

Basic Step: **"Râčenica - step in Thracian style"**

*Facing ctr, dancing in place. This step has the character of a "Pas-de-Basque" and is performed in a slight knee bent pos, "demi-plie."*

Low leap onto R ft (ct 1); step on ball of L ft next to R toes, wt is now momentarily on L ft and the knees are almost straight (ct 2); low leap ("fall") onto R ft, bending R knee (ct 3).

*Described here is a Râčenica RLR. A Râčenica LRL starts with the L ft. This step can be performed in all directions.*

*Part 1 here is the most basic and popular one and also demonstrates the almost lyrical and "down-to-earth" quality of the Thracian or Trakijski dance style.*

Meas	<b>Part 1: Trakijska Râčenica</b> (trah-KEE-skah ruh-cheh-NEE-tsah)
1	Facing and moving in LOD, small lift on L ft extending R leg fwd (ct ah); step on R ft, bending R knee (cts 1-2), hop on R ft (ct 3).
2	Repeat meas 1 with opp ftwk.
3-4	Two Râčenica-steps RLR and LRL. See basic step above.
5	Turning to face ctr, leap onto R ft sdwd R, swinging both arms down ( cts 1-2) ; step on L ft behind across R, bending L knee and swing arms bkwd ( ct 3) .
6	Facing and moving twd ctr, swing arms up to "W" pos, small lift on L ft (ct ah), step on R ft fwd (cts 1-2), hop on R ft (ct 3).
7	Small lift on R ft (ct ah), step on L ft fwd (cts 1-2), hop on L ft (ct 3).
8	Small lift on L ft (ct ah), step on R ft bkwd (cts 1-2), hop on R ft (ct 3).
9	Still facing ctr, moving sdwd L, small lift on R ft (ct ah), moving L ft sdwd L near the floor and gently rock the upper part of the body to sdwd L (ct 1); step on L ft, straightening body and taking R ft off floor (ct 2); step on R ft next to L, taking L ft off the floor (ct 3).
10	Repeat meas 9.
11-14	Repeat meas 5-8 with opp ftwk and direction.
15-16	Facing ctr, dancing in place, do two Râčenica-steps RLR and LRL.

*Parts 2 & 3 consist of a few typical hand and arm movements of the solo Râčenica.*

Meas	<b>Part 2: Ellipses</b>
	<b>Facing ctr, hands free and arms low, swing arms fwd on ct 1, and bkwd on ct 3 of each Râčenica step.</b>
1	Moving diag L twd ctr, one Râčenica-step RLR
2	Moving diag R twd ctr, one Râčenica-step LRL
3	Moving diag R bkwd, one Râčenica-step RLR
4	Moving diag L bkwd and slightly sdwd L, one Râčenica-step LRL
5-8	Repeat action of meas 1-4
	<b>Repeat footwork of measures 1-8, adding claps</b>
9	Clap hands in front of body on cts 1 and 3
10	Clap hands in front of body on ct 1; swing arms bkwd on ct 3
11-12	Swing arms fwd on ct 1, and bkwd on ct 3
13-16	Repeat action of meas 9-12

Meas	<b>Part 3: Scoops</b>
1	Facing ctr, moving twd ctr with one Râčenica-step RLR, scoop both hands flexed starting low
2	Continue to move twd ctr with one Râčenica-step LRL, moving both hands up high in front with elbows straight and wrists bent
3	Moving bkwd away from ctr with one Râčenica-step RLR: keeping elbows straight and wrists bent, move R hand up and L hand down (ct 1), move R hand down and L hand up (ct 2), move R hand up and L hand down (ct 3)
4	Moving bkwd away from ctr with one Râčenica-step LRL and opposite hand movements of meas 3
5-8	Repeat action of meas 1-4
9	Facing diagonally R, L hand at waist, moving diagonally R with one Râčenica-step RLR, scoop R hand flexed starting low
10	Continue to move diagonally R with one Râčenica-step LRL, moving R hand up. On ct 3, move L hand flexed next to R hand.
11	Moving bkwd diag L away from ctr, repeat action of meas 3.
12	Moving bkwd diag L away from ctr, repeat action of meas 4.
13-16	Repeat action of meas 9-12 moving diagonally L.

### **Dance Sequence:**

Part 1 Trakijska Râčenica 6x  
Part 2 Solo Râčenica (Ellipses) 2x  
Part 3 Solo Râčenica (Scoops) 2x  
Part 1 Trakijska Râčenica 3x  
Part 2 Solo Râčenica (Ellipses) 1x  
Part 3 Solo Râčenica (Scoops) 2x  
Part 1 Trakijska Râčenica 1x - End.