

Ripna Maca

Origin: Serbia & Bulgaria

Record: Folklore Dances of Bulgaria, B-4000 Side 2, Bd. 3, "Cetvorno horo"

Formation: Short lines of dancers men and women in separate lines, using belt hold (grasp nearest part of neighbor's belt, R arm under, L arm over). Person on L end tucks free thumb in own belt. Leader (on R end) waves handkerchief or else tucks R thumb in own belt.

Source: Dick Crum

Note:

Style:

Meter: 7/16 counted S,Q,Q

16 Meas. introduction

FIGURE I "Kicking Step":

(REMINDER DIRECTIONS: Kick R ft across in front of L ft, step R ft to R, step L ft behind R ft; lunge to R on R ft, step L ft to L, step R ft behind L ft; chug on both feet to L and back, chug both feet to R and back.)
Meas. Ct.

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|---|-----|--|
| 1 | 1 | Kick R ft sharply across in front of L ft, with slight hop on L ft in place |
| | 2 | step R ft to R |
| | 3 | step on L ft behind R ft. |
| 2 | 1 | Lunge emphatically to R on R ft, bending R knee slightly, leaving L ft "pinned" to its spot |
| | 2 | shift weight back onto L ft in its spot |
| | 3 | step R ft. behind L ft. |
| 3 | 1 | With feet together chug diagonally forward & left on full foot |
| | 2,3 | return to place with 2 small hops on both feet together. |
| 4 | 1 | With feet together, chug diagonally forward & right on full foot |
| | 2,3 | return to place with 2 small hops as you did in Meas. 3 but on the very last hop release the R ft in preparation for a repeat of the figure. |

This entire figure is done 3 more times for a total of 4.

CUE WORDS FOR FIGURE I: Kick-side-back, lunge-side-back, chug-hop-hop, chug-hop-hop.

FIGURE II "Bloop-bloops "

(REMINDER DIRECTIONS: Leaning forward, 2 quick light steps, R ft- L ft, followed by 2 steps R ft-L ft, all forward and repeat; tap R heel diagonally forward & right, then straight in front; step R ft in place. Tap L heel diagonally forward & left, then straight in front; step L ft in place. Straighten up and back up to original place with 3 twisting three's, and end by bringing heels apart and together again.

Meas.

- Two tiny quick steps, R ft-L ft, moving slightly forward, the 1st one done on tiptoe (ct. 1); then 2 steps forward, the R ft- L ft (cts. 2,3).
- Repeat movements of Meas. 1, continuing to move forward.
- Still bent forward, weight on L ft, L knee bent, tap R heel on ground diagonally forward/right (et. 1); tap R heel straight forward (ct. 2) (Note that R knee is kept straight during these two taps); step lightly onto R ft in place beside L ft, releasing L ft from ground (ct. 3).
- Repeat the movements of Meas. 3 with opposite footwork, i.e., 2 taps (one diagonally forward/L and the other straight in front) then step L ft in place.
CUE WORDS FOR MEAS. 1-4 Bloop-bloop-right-left, bloop-bloop-rightleft; tap-tap-step, tap-tap-step.

- 5 Straighten up and step lightly back on ball of R ft, twisting R heel slightly to the R; Lt is in the air, the L heel twisted slightly to the R, near the front of R ankle (ct. 1); step lightly onto ball of Lt, twisting L heel slightly to L; R ft is in air, the R heel twisted slightly to L and near L ankle (ct. 3).

NOTE: This movement is mainly from the knees down. There is an accented, strong bend of the knee on ct. 1. Also, there is more movement backward on ct. 1, less movement backward on cts. 2 & 3,

- 6 Same movements and style as Meas. 5, but with opposite footwork, i.e., starting with a light step back on ball of L ft, twisting L heel slightly to L, etc.
- 7 Same movements and style as Meas 5
- 8 With weight on balls of both feet, twist heels outward (ct. 1); bring heels together sharply and pause (cts. 2-3), releasing R ft at the very last moment in order to go into the next movement.

CUE WORDS FOR MEAS. 5-8: Bight-left-right, left-right-left, right-left-right, apart-together. This entire figure (8 measures) is done once more, for a total of twice through.

FIGURE III "Double Hop Steps Forward"

REMINDER DIRECTIONS: Stamp R ft hard across in front of L ft, straighten up sharply and hop forward twice on R ft, swinging L leg around and forward. Repeat this forward with L ft, R ft, L ft. Return home with 3 twisting three's and heels apart-together, just as Mess. 5-8 of Fig, II).

- 1 Bend head forward, twist body about 1/8 to L and stamp onto R ft very loudly, straightening head immediately (ct. 1); 2 hops on R ft, moving forward and at the same time turning the body about 1/8 to the R and swinging straight L leg around and forward.
- 2 Stamp onto L ft across in front of R ft, body turned 1/8 to R, etc. Same movements as in Meas. 1, but with opposite footwork and less accent on the stamp.
- 3 Same as Meas. 1, continuing forward, but with less accent on the stamp.
- 4 Same as Meas. 2, but leave the R ft behind on the 2 small hops.

CUE WORDS FOR MEAS. 1-4: Stamp-hop-hop, stamp -hop-hop, stamp-hop-hop stamp-hop-hop.

This entire figure (8 measures) is done once more, for a total of twice through.

FIGURE IV "Brush Step"

REMINDER DIRECTIONS: Lean forward, brush R ft, hop on L ft, step forward on R ft; stamp L heel forward, step forward L ft, R ft. Repeat all this with opposite footwork, moving forward. Straighten up and return home with 3 twisting three's, etc.)

- 1 Lean forward and with a slight slapping movement, brush R toe from a forward position backward under you (ct. 1); leaving R ft in this position hop on L ft, moving very slightly forward (ct. 2); step forward with R ft (ct. 3).
- 2 With weight on R ft, tap L heel forward as if digging it into the ground, L knee slightly bent (the feel is more that of forward than downward)(ct. 1); 2 light leaping steps forward, L ft-R ft (cts. 2,3).
- 3-4 Repeat the movements of Meas. 1-2 with opposite footwork, beginning with a slapping brush backwards with the L toe, etc.

CUE WORDS FOR MEAS. 1-4: SLAP-hop-step, heel-step-step, slap-hop-step., heel-step-step

5-8 Exactly the same as in Meas. 5-8 of Figs. II and III, i.e. return to place with 3 twisting three's and an "apart-together" of the heels.

This entire figure is done once more, for a total of twice through before beginning the whole dance all over again.