

Trakijska Râčenica

Тракийска Ръченица

Origin: Thrace, Bulgaria

Formation: Mixed lines, hands joined in "W" pos

Source: Yves Moreau

Note: This dance falls into the category of line Râčenica dances. From the repertoire of Ensemble Trakija, Plovdiv. Learned from Anastasia Moskova. It is often seen at weddings in the Plovdiv regions.

Meter: 7/16 (Q,Q,S)

Style: Knees bent slightly. "Earthy" style.

No introduction

Meas.

- 1 Facing ctr, place R ft to R, no wt (ct. 1); transfer wt to R ft with knee flexion (ct. 2); step on L ft behind R ft (ct. 3)
- 2 Repeat meas. 1
- 3 Step on R ft to R (ct. 1); step on L ft next to R ft (ct. 2); step on R ft in place with knee flex (ct. 3)
- 4 Repeat meas. 3 with opposite direction and ftwk
- 5 Step fwd on R ft, flexing knee (ct. 1); pause (ct. 2); leap onto L ft next to R ft lifting R ft slightly (ct. 3)
- 6 Stamp R ft fwd, bending both knees (ct. 1); pause (ct. 2); lift R ft slightly (ct. 3)
- 7 Step back on R ft (ct. 1); step on L ft next to R ft (ct. 2); step slightly back on R ft (ct. 3)
- 8 Step back on L ft (ct. 1); step on R ft next to L ft (ct. 2); step slightly back on L ft (ct. 3)

Arms: For meas 1-2, arms swing bkwd (cts 1,2) & fwd 3); arms are in "w" pos. for meas. 3-4; on meas 5, arms describe a small "loop"-type motion fwd and back and end up slightly fwd and up on stamp of meas 6, then resume normal "W" pos. for meas. 7-8