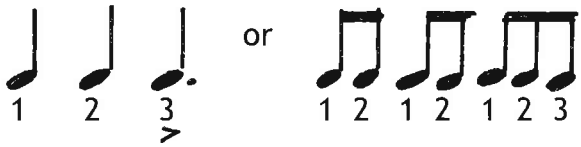
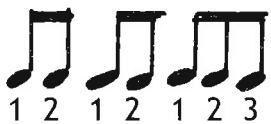



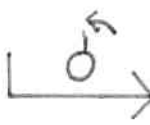


BALKANDŽIJSKA RÂČENICA
БАЛКАНДЖИЙСКА РЪЧЕНИЦА

Bulgaria

- ORIGIN : Line Râčenica from the central region of Bulgarian, Trakia and the Balkan mountain range. The accompanying song is *Zasvirili sa dor tri mi gajdi*
- MUSIC : CD Bulgarian Folk Dances - JL2010.01, track 1
- METER : 7/8  or 
- STYLE : *Trakijski* : slight knee bend position, fluent arm and hand movements
- FORMATION : Open circle. Hands joint at W-position
- INTRODUCTION : 4 bars

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	Part I “ELIPSE” (Instrumental)
	1 - 4		facing ctr, moving in an ellipse shape tw and away from the ctr. with <i>4 trakijska râčenica steps</i> swing arms fwd low (ct 1-2), bkwd low (ct 3)	
	5 - 8		repeat action of meas 1-4	
	9-12		steps as meas 1-4 clap hands in front of the body (ct1-2) and (ct 3)	
	13-16		steps as meas 1-4 swing arms fwd low (ct 1-2), bkwd low (ct 3)	

BALKANDŽIJSKA RÂČENICA (page 2/2)

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	Part 2	<u>"TRAVEL STEP"</u> (Song)
	1	1-2 3	facing and moving LOD, step on R ft low hop on R ft		
	2	1-2 3	step on L ft low hop on L ft		
	3		flat <i>râčenica</i> (3-step) R,L,R		
	4		flat <i>râčenica</i> (3-step) L,R,L		
	5-8		repeat action of meas 1-4		
	9	1-2 3	low leap onto R ft sdwd R, swinging arms fwd low step on R ft across behind R ft, swinging arms bkwd low		
	10	1-2 3	step on R ft sdwd R, swing arms fwd low hop (lift) on R ft, lifting L knee, arms in W-position		
	11	1-2 3	step (balance) on L ft twd ctr low hop (lift) on L ft		
		12	1-2 3	step (balance) on R ft bkwd low hop (lift) on R ft	
13-16			repeat action of meas 9 - 12 with opp ftwk & directions		
	17-32		repeat action of meas 1-16		



Dance description by Jaap Leegwater
 Presented by Jaap Leegwater at Pinewoods Folk Dance Camp 2010
<http://www.jaapleegwater.com>