

DOBRUDŽANSKI RÂČENIK
(Bulgaria)

The "râčenik" is the most popular form of men's "râčenica" throughout Dobrudža. It is done usually as a solo dance or with several men dancing together. The movements are proud, strong, often humorous, even acrobatic and often describe field-work actions or other daily chores. The sequence described here is based on typical combinations of steps observed by Yves Moreau throughout Dobrudža during several trips there, 1969-1974.

Pronunciation: doh-brew-JAHN-skee ruh-cheh-NEEK

Cassette: YM-UOP-89 Side A/4 7/16 meter

Rhythm: 7/16: 1-2, 1-2, 1-2-3, or Q-Q-S. Counted here as 1,2,3.

Formation: Circle of dancers moving individually. Face R of ctr, wt on L.

Style: Heavy and proud.

Meas

Pattern

INTRODUCTION. None, start with music.

1. "Entrance" travel step

1 Large walking step fwd on R, R arm goes back and L arm goes fwd, elbows slightly bent (ct 1); pause (ct 2); low leap fwd on L, bending L knee, L arm goes back and R arm goes fwd, elbows slightly bent (ct 3).

2-8 Repeat meas 1 seven more times.
2. "Bird" travel step

1 Still travelling in LOD, R arm stretched back and L arm stretched fwd, elbows slightly bent, hop on L raising R knee, at same time both arms are raised a bit from upper arm (ct 1); stamp with R fwd, no wt, quick down and up movement of arms (ct 2); step fwd onto R, quick down and up movement of arms (ct 3).

2 Repeat meas 1 with opp ftwk still travelling in LOD.

3-8 Repeat meas 1-2 three more times. End facing ctr on meas 8.
3. "Stretch"

1 Facing ctr, hop on L raising R knee, both arms, fists clenched, stretch upwards above head (ct 1); stamp with R ft slightly R, no wt, arms stretch back and fwd with wrists "digging" and ending up close to armpits (ct 2); step on R slightly R, wrists continue "twisting" and pushing fwd (ct 3).

2 Repeat meas 1 with opp ftwk and same arm motions.

3-8 Repeat meas 1-2 three times.

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4. "Sickle" movement with R and L
- 1 Facing ctr, hop on L, L hand is behind back, and R hand goes up and fwd to L (ct 1); step on R in front of L, body turns slightly to face L, R hand continues travel motion downward (ct 2); step on L in place, R arm pulls back slightly (ct 3).
- 2 Bring R next to L and "chug" back onto both ft, R hand comes around to meet L hand behind back (ct 1); pause (ct 2); sharp stamp on R, no wt, at same time L hand goes up and fwd (ct 3).
- 3-8 Repeat meas 1-2, three times.
5. Travel step with arms to R
- 1 Facing LOD, step on R to R at same time both arms go to R, hands pointing down slightly, R arm is stretched more, L elbow is bent (ct 1); stamp with L next to R, no wt (ct 2); leap on L fwd, at same time both arms are pulled "in" slightly (elbows bend) (ct 3).
- 2-8 Repeat meas 1 seven more times travelling fwd.
6. "Whip the horse"
- 1 Large heavy step fwd on R, at same time clap R hand into L with large motion fwd and upward, L hand then rests on L hip, fingers fwd (ct 1); pause (ct 2); leap fwd onto L (ct 3).
- 2 Repeat meas 1 but no clapping motion. Instead R hand does large "scooping" motion fwd and up.
- 3-6 Repeat meas 2 four times.
- 7 Turning to face ctr, large step fwd on R at same time clap R hand into L with large motion fwd and upward (look at palm of hand), L hand rests on L hip, fingers fwd (ct 1); come up onto ball of R ft (ct 2); rest onto R ft, beg to touch toe of L ft bkwd (ct 3).
- 8 Come down onto L knee, keep R arm up, R knee is bent (ct 1); pause (cts 2-3).
7. "Mimics"
- 1 Facing ctr, still down on L knee, wave both arms downward on R side (ct 1); wave arms upwards (ct 2); wave arms downward (ct 3).
- 2 Repeat meas 1 with opp direction (arms only).
- 3-4 Repeat meas 1-2.
Note: the above 4 meas are like an extra "break" in the music.
- 5 Extend R leg diag fwd R, bend upper body and with both hands simulate a movement upward along leg as to straighten "leggings."
- 6 Repeat meas 5.
- 7 With upper body straightening and facing ctr, clap both hands together in front in a large circular motion (ct 1); in the meantime wt starts to shift from L to R knee (ct 2); arms continue path up and out (ct 3).
- 8 Do another clapping motion with a large circular motion and transfer wt fully onto R knee (ct 1); arms continue path up and out (ct 2); extend L leg diag fwd (ct 3).

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- 9-12 Repeat meas 5-8 with opp ftwk and direction.
 13 Mimic act of "stretching" mustache looking to R, "pinching" mustache with thumb and index fingers moving from mouth to side.
 14 Repeat meas 13.
 15-16 Repeat meas 13-14 looking to L.
 17 Hold L wrist clenched against belly and with R clenched wrist do a "hammering" motion down.
 18 Repeat meas 17.
 19 Facing ctr, clap both hands in large circular motion while beg to stand up on R ft, L ft is up behind (ct 1); pause, arms continue to move up and out (ct 2); continue to stand up on R ft (ct 3).
 20 Clap both hands in large circular motion as above and step onto L (ct 1); pause (ct 2); beg to face LOD and send both arms to R (ct 3).
8. "Whip the horse"
 1 Repeat Fig 6, meas 1.
 2 Repeat Fig 6, meas 2.
 3-8 Repeat Fig 6, meas 2, six more times.
9. "Travel step" in a circle
 1-8 Facing ctr, do same travel step as in Fig 5 but describe circular path travelling fwd out to R then turning to L and keeping a L track to come back home.
10. "Chicken step" left and right
 1 Facing ctr, sharply clap R hand into L and then extend R arm straight back and bend L arm in front at belt level. While doing this knees are bent, upper body is bent fwd and head looks straight up (this pos has been nicknamed "chicken") (ct 1); pause (ct 2); start turning to face L quarter turn while doing sharp "chug" onto both ft (ct 3).
 2-4 In the "chicken pos" continue "chugging" to L with quarter turns until facing ctr again.
 5-8 Repeat meas 1-4 but do quarter turns to R.
11. "Sickle" movement with R and L
 1-8 Repeat Fig 4, meas 1-8
12. "Whip the horse"
 1-2 Repeat Fig 6, meas 1-2.
 3-7 Repeat Fig 6, meas 2, five times.
 8 Turning to face ctr, clap both hands together fwd and upward while stepping onto R (ct 1); stretch L arm fwd and up while extending R arm in back and slightly downward, straight elbow (ct 2); transfer wt onto L ft (ct 3).

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13. "Squat and turn"
- 1 Point R toe fwd and turned out, arms still in same pos as above meas (ct 1); pause (ct 2); chug on L ft, and R toe turns inward (ct 3).
 - 2 Repeat meas 1 with reverse toe motion.
 - 3 Large clapping motion of R hand into L fwd and up while stepping onto R (ct 1); come up onto ball of R ft while R arm bends in front and L arm is stretched back (ct 2); hop on R while L ft comes up behind (ct 3).
 - 4 Squat down keeping same arm pos as above (ct 1); stay down (ct 2); come up onto L ft (ct 3).
 - 5 Facing ctr, step on R to R while extending both arms to R (ct 1); touch L next to R and "wave" arms downward (ct 2); small hop on R, wave arms upward (ct 3).
 - 6 Repeat meas 5 with opp ftwk, direction and arm movements.
 - 7 Using arms to turn around, sharply turn around to R in place in 3 sharp running steps R,L,R to face ctr again.
 - 8 Sharp squat down extending both arms bkwd (ct 1); beg to rise (ct 2); sharp "chug" on both ft, straight legs and stretching both arms up in air in "V" pos (ct 3).

Description by Yves Moreau

Presented by Yves Moreau