

SLIVENSKA RĂCENICA  
(Bulgaria)

Basic "răcēnica" steps as observed by Yves Moreau in Sliven area, Thrace, Bulgaria in 1969.

Pronunciation: SLEE-ven-skuh RUH-chuh-neet-sah.

Record: Xopo X-332 (45 rpm). Other music can be used, but must be in a slow-moderate tempo.

Formation: Open circle. Hands joined down at sides. Face R of ctr. Wt on L.

Meter: 7/16 counted here as 1-2, 1-2, 1-2-3 (1-2-3) or quick-quick-SLOW.

Style: Knees bent, proud.

<u>Meas</u>	<u>Pattern</u>
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4	<u>INTRODUCTION</u> (on listed record)
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Note: Leader determines number of repeats of each pattern.

I. TRAVELLING

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|-----|--|
| 1   | Moving LOD, step fwd on R heel (ct 1); roll onto full ft (ct 2); step fwd on L, bending knee (ct 3).                                   |
| 2-4 | Repeat meas 1 three more times (four in all).  |
| 5   | Small hop on L to face ctr (ct 1); bring R leg (knee fairly straight) around and step in front of L (ct 2); step on L in place (ct 3). |
| 6   | Hop on L (ct 1); bring R leg around and step in back of L (ct 2); step on L in place (ct 3).   |
| 7   | Repeat meas 5.   |
| 8   | Close R to L and bounce three times (cts 1,2, <u>3</u> ).  |

II. FLEXION STEP, FORWARD AND BACK

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|-----|---|
| 1   | With hands coming up above shldr level, take a small lift on L (ct uh of previous meas) and step fwd onto R ft with marked knee bend (ct 1); pause (ct 2); small hop on R (ct <u>3</u> ). |
| 2   | Repeat meas 1 with opp ftwk.  |
| 3   | Small leap onto R (ct 1); brisk sharp touch with ball of L ft (ct 2); small hop on R (ct <u>3</u> ).  |
| 4   | Repeat meas 3 with opp ftwk.  |
|     | Note: Meas 3,4 can move fwd a little, or be danced in place.  |
| 5-8 | Repeat Meas 1-4 but move bkwd.  |
|     | Note: Arms come down on final meas of Fig. II after leader has signalled a change to Fig. I.  |

Presented by Yves Moreau