

TOPČIJSKA RÂKA
(Bulgaria)

Topčij is a village in the Tolbuhin district. Râka means forearm, hand. Râka is one of the basic dances of Dobrudža, North East Bulgaria and got its name because of the handhold position: za roče (by the hand), and the fact that arm movements are an important part of the dance. This version is done by both men and women in mixed lines in the villages of the Silistrenski district. Jaap Leegwater learned it as a student at the Choreographer School in Plovdiv in 1975 from Dimitâr Dojčinov.

Pronunciation:

Record: LP "Folk Dances from Bulgaria-3" by Jaap Leegwater
JL 1985.01 Side A/6 2/4 meter

Formation: Medium length lines or half circle; hands joined in "W" pos; wt on R ft, L ft free.

Style: Dobrudžanski: heavy, weight on the whole foot; knee bent pos; hips are slightly bent fwd; upper part of body erect and proud; every stamp is accompanied by a slight knee bending or dipping; a kind of peasant or earthy quality.

Meas

4 meas Introduction.

Pattern

Part 1 "Osnovno"

	<u>STEPS</u>	<u>ARMS</u>
1	Facing ctr, step on L ft fwd (ct 1); stamp on R ft next to L toes (ct &); step on R ft bkwd (ct 2); lift L ft off the floor (ct &).	extend fwd high (push away) swing down bkwd down
2	Turning face diag L, step on L ft diag L (ct 1); stamp on R ft next to L ft, bending both knees and body at waist (ct &); stamp on R ft next to L ft (ct 2); hold (ct &).	fwd "W" pos
3	Turning face twd LOD and moving LOD, step on R ft (ct 1); low hop on R ft, lifting L knee (ct &); step on L ft (ct 2); low hop on L ft, lifting R knee (ct &).	"W" pos

TOPČIJSKA RÁKA (Continued)

- 4 Turning face ctr, step on R ft sdwd R (ct 1); step on L ft across behind R ft (ct &); stretch fwd high swing down and bkwd
step on R ft sdwd R (ct 2) fwd low
bounce on R ft, swinging "W" pos
L leg fwd low (ct &).
- 5-16 Repeat meas 1-4 three more times.

Part 2(a) "Vânšna Svivka"

- 1 Facing ctr, step fwd on L ft (ct 1) extend fwd high
stamp R ft next to L toes down and bkwd
(ct &);
step on R ft bkwd (ct 2) fwd
step on L ft bkwd (ct &); "W" pos
- 2 Stamp R ft heavily next to L ft, bending both knees put elbows down in "W" pos
(ct 1); swing R heel up sdwd
R and look across R shldr (ct 2)
- 3-4 Repeat Part 1, meas 3-4.
- 5-8 Repeat meas 1-4.

Part 2(b) "Zadna Svivka"

- 1 Repeat Part 2(a), meas 1.
- 2 Stamp R ft heavily next to L ft, bending both knees (ct 1); swing R heel up across behind L and look across L shldr (ct 2).
- 3-4 Repeat Part 1, meas 3-4.
- 5-8 Repeat meas 1-4.

Part 3 "Klakanè"

- 1 Hand on the back, facing and moving fwd twd ctr, low leap onto L ft, lifting R knee in front (ct 1); low leap onto R ft, lifting L knee in front (ct 2).
- 2 Low leap onto L ft in place, swinging R ft across in front of L shinbone (ct 1); low leap onto R ft in place, swinging L ft across in front of R shinbone (ct 2).
- 3 Low leap onto L ft in place, lifting R knee in front (ct 1); stamp R heel, no wt, beside L toes (ct &); squat (ct 2).
- 4 Facing ctr, moving bkwd, come up with a low leap onto L ft (ct 1); stamp R heel, no wt, beside L toes (ct &); turning face diag R, fall onto R ft diag R bkwd and keep L toes on the floor with the heel turned out (ct 2); hold (ct &).
- 5-6 Repeat meas 2-3.
- 7 Facing ctr, moving bkwd, come up with a low leap onto L ft (ct 1); stamp R heel, no wt, beside L toes (ct &); low leap onto R ft (ct 2); stamp L heel, no wt, beside R toes (ct &).
- 8 Repeat meas 4.
- 9-16 Repeat meas 1-8.

Repeat whole dance one more time from the beginning.

Description by
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Presented by Jaap Leegwater

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