

Ženska Râčenica

(Bulgaria)

Ženska Râčenica translates as "Women's Râčenica." Many dances in Trakia especially are originally performed to songs. The accompanying recording used for this dance is the song Mama Slavjana Dumaše ("Mother said to Slavajana") in a performance of the Zornitsa Vocal Trio.





Pronunciation:

Music: Cassette "Folk Dances from Bulgaria" JL1992.01 Side B/18


Meter: 7/8  counted here as  1 2 3
Q Q S

Formation: Open circle. Hands joined in W-position.



Style: Trakijski
Light and feminine

<u>Direction</u>	<u>Meas</u>	<u>Ct</u>	<u>Pattern</u>
	8 meas		<u>Introduction</u> . No action.
			<u>PART 1</u>
	1	1	Bounce on L ft.
		2	Step on R ft.
		3	Step on L ft across behind R ft.
	2	1	Step on R ft.
		2	bring L leg low in front of R leg.
		3	Bounce on R ft.
	3	1	Bounce on R ft.
		2	Step on L ft across in front of R ft.
		3	Step on R ft.
	4		Repeat meas 3.
	5	1	Step on L ft.
		2	Lift L heel.
		3	Drop L heel.
	6	1	Step back on R ft.
		2	Lift R heel.
		3	Drop R heel.
	7	1	Bounce on R ft.
		2	Step on L ft.
		3	Step on R ft next to L ft.

Ženska Râčenica —continued

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|---|---|---|---------------------------------------|
|  | 8 | 1 | Bounce on R ft. |
| | | 2 | Step on L ft. |
| | | 3 | Close R ft, without wt, next to L ft. |
| 9-24 | | | Repeat meas 1-8 two more times. |

PART 2

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|---|---|-----|--|
|  | 1 | 1-2 | Small leap onto R ft, flicking L ft in front. |
| | | 3 | Small leap onto L ft, flicking R ft in front. |
| | 2 | 1 | Step on R ft. |
| | | 2 | Step on L ft in front of R ft. |
| | | 3 | Step back on R ft in place. |
| | 3 | 1 | Hop on R ft, bringing L ft around. |
| | | 2 | Step on L ft behind R ft. |
| | | 3 | Step on R ft next to L ft. |
| | 4 | 1 | Fall onto L ft in front of R ft, slightly bending body at waist. |
| | | 2 | Step back on R ft. |
| | | 3 | Step on L ft next to R ft. |
| | 5 | | Repeat meas 4 with opp ftwk. |
| | | & | Bounce on R ft, extending L ft fwd followed by |
|  | 6 | 1 | Step on L ft. |
| | | 2 | Move R ft fwd. |
| | | 3 | Bounce on L ft. |
| | 7 | | Repeat meas 6 with opp ftwk. |
| | 8 | | Repeat meas 6. |
| 9-16 | | | Repeat meas 1-8 in place and bkwd. |

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