

DALGOPOLSKA RACHENITSA

Дългополска ръченица

(Bulgaria - Dobrudzha)

This line *rachenitsa* done is typical of dances from the region West of Varna on the Black Sea in N.E. Bulgaria. It is related to similar dances such as *Kutsata* or *Pandalash* in 7/8 meter.

Pronunciation: Duhl-goh-POHL-skah Ruh-cheh-NEEH-tsah
Music: Yves Moreau CD
Rhythm: 7/8 counted here as 1-2, 1-2, 1-2-3 or quick-quick-slow (1,2,3)
Formation: Short lines of dancers, hands joined in W pos, wt on L, face LOD
Style: Dobrudzhan. Earthy and proud.

Meter: 7/8

Pattern

Introduction, 4 meas. of music (solo *gaïda*). No action.

1. Basic step

- 1 Facing LOD, light hop on L, raising R knee (1) step fwd on R (2) light hop on R, raising L knee (3)
- 2 Same motion as in meas 1, starting with hop on R
- 3 Repeat pattern of meas 1
- 4 Still facing LOD, three quick steps travelling bkwd, L-R-L
- 5 Facing slightly R, heavy (stamp-like) step on R (1) raise L knee (2) light hop on R raising L knee (3)
- 6 Facing LOD, light hop on R (1) step on L in front of R (2) step on R sideways R, facing ctr (3)
- 7 Light hop on R pick up L knee (1) step on L behind R (2) step on R next to L (3)
- 8 Stamp with L next to R , no wt (1) pause (2) step on L next to R (3)
- 9-11 Repeat pattern of meas 6-8 but ending with s step fwd R on ct 3
- 12 Moving fwd towards ctr, three running steps L-R-L
- 13 Stamp with R next to L, no wt (1) pause (2) step back on R (3)
- 14 Step back on L, slightly L (1) pause (2) close R to L (3)
- 15 Step back on R, slightly R (1) pause (2) close L to (3)
- 16 Repeat pattern of meas 14 but facing LOD

Arm motions

- 1-5 Arms are in W pos
- 6 Arms extend fwd (1-2) and down at sides (3)
- 7 Arms swing fwd and back
- 8 Arms swing up to W pos , as you stamp (1) pause (2) extend arms fwd and down (3)
- 9-11 Same arm movements as in meas 6-7-8
- 12-13 Arms come up slowly to W pos
- 14-16 Arms extend down and continue swinging back to front

Repeat dance from beginning.

Presented by Yves Moreau