

Kjustendilska Râčenitza

Šop, Bulgaria

This râčenitza (râčenitca) a style of dance is from the town of Kjustendil in the Šop (Shop) region in western Bulgaria - this is Mitko's native area.

TRANSLATION: A râčenitza from the town of Kjustendil.

PRONUNCIATION: kush-ten-deel-skah rah-cheh-nee-tsah

RECORD: Special tape by Mitko Manov

RHYTHM: Counted as: 1-2 3-4 5-6-7
1 2 3 (Q,Q,S)
The musical phrases are in either 6 or 8 meas.

FORMATION: Mixed lines, joined in belt hold (L over R).

STYLE: Fast and bouncy dance movements, with small body accents. The ft movements are very tight, while the arms and shldr are loose which reflects the ft movements.

SEQUENCE: The figures below are not in any particular order. The sequence is as presented at Statewide 2001.

METER: 7/16

PATTERN

Meas.

INTRODUCTION: Either beg with music or wait 6 meas.

FIG. I: Move R & L (6 meas phrase)

- 1 Facing diag R of ctr and moving to R (LOD) - touch ball of R ft fwd (ct 1); small leap on R beside L (ct 2); step L fwd (ct 3).
- 2 Repeat meas 1.
- 3 Jump fwd onto both ft (cts 1-2); hop on R - turning to face L of ctr.
- 4-6 Repeat meas 1-3 with opp ftwk and direction.

FIG. II: In & out of ctr (6 meas phrase)

- 1 Facing ctr - repeat Fig. I, meas 1-3, moving twd ctr, beg R. (tch-leap-step)
- 4 Moving bkwd - touch L beside R (ct 1); small leap on L bkwd (ct 2); step R beside L (ct 3).
- 5-6 Repeat Fig. I, meas 5-6. (tch-leap-tch; both, L)

FIG. III: Lift-step fwd; 3's bkwd (8 meas phrase)

- 1 Facing and moving twd ctr - lift R in front of L (cts 1-2); step L fwd (ct 3).
- 2-4 Repeat meas 1, alternating ftwk. (4 times in all)
- 5-7 Moving bkwd with *running 3's*, beg R - knee of free leg lifts high and quickly.
- 8 Jump onto both ft bkwd (cts 1-2); hop on L in place (ct 3).

FIG. IV: Move R with 3's (8 meas phrase)

- 1-16 Facing R of ctr and moving to R (LOD) - do 16 *running 3's* circling/moving fwd, beg R.

FIG. V: In & out of ctr with 3's (8 meas phrase)

- 1-4 Facing and moving twd ctr - do 4 *running 3's* twd ctr, beg R.
- 5-8 Moving bkwd - repeat meas 1-4.

FIG. VI: Heel-clicks (8 meas phrase)

- 1 Facing ctr, in preparation - raise R sdwd R (ct ah); close R to L sharply (ct 1); hop on L as R ft lifts then pushes fwd twd floor (cts 2-3).
- 2 Step R to R (ct 1); close L beside R (ct 2); step R in place (ct 3).
- 3-16 Repeat meas 1-2, alternate ftwk and direction. (8 times in all)

FIG. VII: Knee twists (8 meas phrase)

- 1 Facing ctr - hop on L as R knee lifts and twists in front of L leg, R ft tucks behind L knee for M (W behind calf) (ct 1); step R-L in place (ct 2-3).
- 2-4 Repeat meas 1. (4 knee twists in all)
- 5-8 Do 3 scissors in place per meas, beg stepping R in place as L quickly move fwd close to floor. (4 sets of 3 scissors)

FIG. VIII: Knee twists with crossover

- 1-3 Repeat Fig. VII, meas 1-3 (3 knee twists)
- 4 Hop on L (ct 1); step R in front of L (ct 2); step L back to place (ct 3).
- 5-8 Repeat Fig. VII, meas 5-8. (4 sets of 3 scissors)

Video provided by Mitko Manov, and transcribed by Dorothy Daw 4-01

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