

Tervelska Râka

(Bulgaria - Dobrudža)

A variation on the popular Râka widespread throughout Dobrudža. This version comes from the area around the town of Tervel. Observed by Yves Moreau in 1972.

Pronunciation: tehr-VEHL-skah RUH-kah

Music: Yves Moreau CD FB-007

2/4 meter

Formation: Mixed lines or open circle; hands joined up in W-pos; wt on L, face R of ctr.

Meas

Pattern

32 meas INTRODUCTION (instrumental) Start dance with song.

I. TRAVEL STEP (Melody A—song)

- 1 Facing LOD, step fwd on R (ct 1); low fwd scuff with L next to R (ct 2).
- 2 Same action as in meas 1 but begin with L ft.
- 3-4 Repeat meas 1-2.
- 5 2 small steps fwd in LOD, R-L (cts 1-2).
- 6 Small step on R (ct 1); low fwd scuff with L next to R (ct 2).
- 7-8 Same action as in meas 5 but begin with L ft.
- 9 Facing ctr, small light leap to R onto R raising L knee (ct 1); hold (ct 2).
- 10 Repeat meas 7 with opp ftwk.
- 11 Step on R to R (ct 1); strong scuff fwd with L ft across R, simultaneously rotating elbows back (ct 2).
- 12 Strong step on L across R, simultaneously extending both arms diag fwd, straight elbows (ct 1); hold (ct 2).
- 13 Facing ctr, step on R to R, arms start moving down (ct 1); step on L behind R, arms continue moving down (ct 2).
- 14 Step on R to R, arms move up to W-pos (ct 1); stamp with L next to R, no wt (ct 2).
- 15 Step on L in place (ct 1); stamp with R next to L, no wt, with a slight “pull” motion of the arms in W-pos (ct 2).
- 16 Stamp again with R next to L, no wt, with another “pull” motion of the arms (ct 1); hold (ct 2).
- 17-32 Repeat meas 1-16.

II. IN AND OUT (Melody B—instrumental)

- 1 Facing ctr, step fwd on R, arms begin extending fwd and down (ct 1); scuff with L fwd next to R (ct 2).
- 2 Same action as in meas 1, but starting with L, still moving fwd, arms continue extension down and back and fwd
- 3 Moving bkwd, two steps R-L, arms move back (cts 1,2).
- 4 Step fwd onto R, arms move fwd (ct 1); low stamp with L next to R, arms are in W-pos (ct 2).
- 5 Step onto L in place (ct 1); low stamp with R next to L, no wt (ct 2).
- 6 Large step back onto R simultaneously extending L leg fwd, straighten knee and both arms (ct 1); hold (ct 2).

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- 7 Step on L in place, arms are back to W pos (ct 1); low stamp with R next to L, no wt, arms do a “pull” motion (ct 2).
- 8 Stamp again with R next to L, no wt, arms do another “pull” motion (ct 1); hold (ct 2).
- 9-32 Repeat pattern of meas 1-8, 3 more times.

Repeat dance from beginning.

Presented by Yves Moreau

Errata

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Line 2: add: Râka means “hand.”

INTRODUCTION: change to: Start with vocal

Fig I, meas 3-4: add at end: In meas 1-4, body leans slightly side to side in direction of stepping ft.

meas 7-8: change to: Same action as in meas 5-6 but begin with L ft.

meas 9: change to: ...leap to R onto R, sinking slightly onto R and raising L knee...

meas 10: change to: Repeat meas 9 with opp ftwk and direction.

meas 11: change to: ... extending both arms diag fwd, down and then up (“scoop”), as elbows straighten

meas 14: ...arms move up toward W-pos.

meas 15: add: Step on L in place, arms now in W-pos (ct 1); ...

Fig II, meas 4: change to: ... L next to R, arms are returning to W-pos (ct 2).

Fig II, meas 5: change to: With arms now in W-pos, step onto L in place.