

Râka Andonovska

Bulgaria (Dobrudja)

Râka Andonovska (RUH-kah ahn-duh-NOV-skah), referring to “hand,” was learned by Toba Goddard from Iglïka Andonova in Bansko, Bulgaria during August 2008.

CD: *Jim Gold Int. Folk Dance Tours, Bulgaria 2008, Band 26.* 4/4 meter

Video: You Tube: Toba Goddard presentation at the 2008 Gypsy Camp North, Camp Sacramento, Twin Bridges, CA.

Formation: Mixed open circle facing R of ctr, hands joined in W-pos.

Steps and Styling: Many step movements are syncopated, with a touch of the foot on the full count, followed by transfer of full weight on the following ct &. The stamps are slightly toward the center of the circle with the emphasis a little more on the stamping heel than on the full foot.

Measures	4/4 meter	PATTERN
1	<u>INTRODUCTION.</u> No action	
	<u>PATTERN</u>	
1	Facing R of ctr and moving in LOD, touch flat R ft to floor (ct 1); bend R knee and take full wt on R (ct &); step L in front of R, touching flat ft and then bending knee while taking wt (cts 2,&); repeat cts 1,& (cts 3,&); repeat cts 2,&, but cross L in back of R (cts 4,&).	
2	Facing ctr, sink onto flat-footed R in place (ct 1); bending R knee, take wt on R and raise bent L knee high (ct &); repeat cts 1,& with opp ftwk (cts 2,&); step R,L,R in place (cts 3,&,4).	
3	Step on L in place (ct 1); stamp R without wt beside L (ct &); rpt cts 1,& with opp ftwk (cts 2,&); step L,R, in place, cross L in front of R, lowering hands to V-pos (cts 3,&,4). Raise arms to W-pos during return on ct 1 of meas 1.	
	Repeat PATTERN as written to end of music.	