

# Tervelska Râka

N.E. Bulgaria (Dobrudža)

Tervelska Râka (tehr-VEHL-skah RUH-kah) is a variation of the Râka (hands) dances widely popular in Dobrudža. This version from the area around the town of Tervel was observed in 1972 by Yves Moreau, who taught it at Mendocino Folklore Camp 2002 and Stockton Folk Dance Camp 2004.

Music: CD: *Bulgarian Folk Dances* - Vol 5, introduced by Yves Moreau - Band 16  
Dance is on videotape FB-007 V 2/4 meter

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

Steps: Arm “pull” is the down-up movement of arms fixed in W-pos, as they follow movement of the torso during a foot stamp. Amplitude of movement is controlled by bending and straightening knee of supporting leg. Other arm movements are free and flowing.

Styling: Earthy.

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Meas	2/4 meter	Pattern
32 meas	<u>INTRODUCTION</u> (instrumental - melody B of Fig. II) Start dance with vocal.	
	I. <u>TRAVELING LOD. SCUFF, LEAP AND REACH</u> (melody A - vocal)	
1	Moving in LOD, step on R, bending knee and leaning body slightly R (ct 1); scuff L low and fwd beside R (ct 2).	
2	Repeat meas 1 with opp ftwk, as body leans L.	
3-4	Repeat meas 1-2.	
5	Step fwd R,L in LOD (cts 1-2).	
6	Take a small step fwd on R (ct 1); scuff L low and fwd beside R (ct 2).	
7-8	Repeat meas 5-6 with opp ftwk.	
9	Turning to face ctr, leap lightly onto R to R, knee bent, while raising L leg in front of R with knee bent to L, L ft in front of R shin (ct 1); hold (ct 2).	
10	Repeat meas 9 with opp ftwk and direction.	
11	Facing diag R of ctr, step on R to R and rotate forearms, moving elbows back and hands down (ct 1); scuff L strongly fwd across R, beginning to straighten elbows as arms push hands fwd (ct 2).	
12	Step strongly on L across R, pushing arms fwd and up with straight elbows, so that hands are at or above head level (ct 1); hold (ct 2).	

- 13 Turning to face ctr, step on R diag fwd to R, as arms swing down (ct 1); step diag back on L in LOD as arms swing back (ct 2).
- 14 Step on R to R, as arms swing fwd and up (ct 1); as arms return to W-pos, stamp on L beside R, no wt (ct 2).
- 15 Step on L in place (ct 1); stamp R beside L, no wt, as arms “pull.”
- 16 Repeat meas 15, ct 2 (ct 1); hold (ct 2).
- 17-32 Turning to face R of ctr, repeat meas 1-16.

## II. IN AND OUT WITH STAMPS AND EXTENSIONS (melody B - instrumental)

- 1 Facing ctr, step fwd on R as arms move up and fwd and elbows straighten (ct 1); scuff L low and fwd beside R (ct 2).
- 2 Repeat meas 1 with opp ftwk, as arms swing down and back.
- 3 Step back R, L as arms swing fwd (cts 1-2).
- 4 Step on R near L as arms begin to swing back (ct 1); scuff L fwd beside R, no wt (ct 2).
- 5 Step slightly fwd on L as arms return to fwd pos (ct 1); stamp R beside L, no wt, arms go to W-pos (ct 2).
- 6 Take a large step back onto R leaving L ft in place, no wt, straight leg, simultaneously extending arms fwd parallel to the floor as upright torso and head face ctr (ct 1); hold (ct 2).
- 7 Step on L near R, beginning to circle arms up and back toward W-pos (ct 1); stamp R beside L, no wt, as arms “pull” into W-pos (ct 2).
- 8 Repeat meas 7, ct 2 (ct 1); hold (ct 2).
- 9-32 Repeat meas 1-8 three times.