

SHOPSKA RACHENITSA
Rhythm 7/8a - QQS
From Shopluk

The dancers form an open circle, facing center. Hold the hands on the belts. LOD – right side in the circle.

Figure 1 – 16 meas.

Meas.1 – **facing L side** -“**Graovka**”

- 1.Hop on L ftbkwd
- 2.Leap onto R ftbkwd
- 3.Leap onto L ftbkwd

Meas.2 – same as Meas.1

Meas.3 – **facing R side** – **LOD** – “**Rachenichna**”

- 1.Leap onto R ftfwd to LOD
- 2.Leap onto L ftfwd to LOD
- 3.Leap onto R ftfwd to LOD

Meas.4 – same as Meas.3, but with opposite footwork

Meas.5

- 1.Step on R ft to LOD, while L ft kicking to LOD with straight knee
- 2.Lft continues moving behind R ft
- 3.Hop on R ft in place, while **turning to facing center**

Meas.6 – **in place** – **facing center**

- 1.Leap onto Lftbkwd
- 2.Leap onto R ft in place
- 3.Leap onto L ft next to R ft

Meas.7 – **in place**

- 1.Leap onto R ft in place
- 2.Leap onto L ft across R ft
- 3.Leap onto R ft in place

Meas.8 – same as Meas.7, but with opposite footwork

Meas.9 – **facing center** – “**PetaiHlopka**”

- 1.Stamp on R heel fwd – toward center
- 2.Hold (Pausa)
- 3.Step on R ft next to L ft, while L ft moves apart-ready to click

Meas.10

1.Click with L ft next to R ft – “**LyavaHlopka**”

2.Hold

3.Kick(“**Spusak**”) with L ftfwd down, while hopping on R ft in place

Meas.11- “**Rachenichna**”

- 1.Leap onto L ft in place
- 2.Leap onto R ft in place
- 3.Leap onto L ft in place

Meas.12 – same as Meas.11, but with opposite footwork

Meas.13 to 16 – same as Meas.9 to 12, but with opposite footwork

Sequence: Introduction –8 meas.

