

# Bistrica Kopanica

(Bulgaria-Shope)

Line dance - no partners

SOURCE: Learned in the village of Bistrica, Sofia district, summer 1966 by Yves Moreau

RECORD: Folkraft LP-26; side B, band 6 ("Kopanitsa")

RHYTHM: 11/16 (one-two-THREE-four-five)

STARTING POSITION: M & W in separate short lines holding belts ("na lesa")

STYLING: The people of the "shope" region are very proud by nature, yet their dances remain somewhat heavy in character. The upper part of the body is upright straight most of the time except for occasional bends. It is the legs and the feet that play the important rôle in the dance. Movements are firm and sharp. Head movements often accompany the intricate footwork.

## Measure

### Figure 1 ("Izlizane")

- 1 Facing forward and moving RIGHT, step on right foot (1), step on left foot closing to right foot (2), step on right foot (right) (3), and stamp twice in place with left foot (4,5)
- 2 REPEAT pattern of measure 1, reversing direction and footwork
- 3-4 SAME as measures 1 & 2

### Figure 2 ("Bistricata")

- 1 Moving directly FORWARD, two small running steps starting with right foot (1,2), one HOP on left foot swinging right leg upward in front of left leg (3), two small running steps directly FORWARD starting with right foot (4,5)
- 2 In place, one HOP on left foot, at the same time touching slightly floor with ball of right foot, crossing in front of left (1) two reeling HOP-STEPS moving directly BACKWARD starting with right foot (2,3,4,5)

### Figure 3 ("Ripni Raz")

- 1 Two small running steps IN PLACE starting with right foot (1,2), with weight on left foot, one "SHOPE BRUSH-STEP" with right foot - at the same time bending upper part of body slightly forward (3), with weight on left foot, one small LEAP onto right foot FORWARD (4), step on right foot FORWARD (5)
- 2-3 REPEAT same as in figure 2, measures 1 & 2

### Figure 4 ("Ripni Dva")

- 1 Two small running steps IN PLACE starting with right foot (1,2) with weight on left foot, one "SHOPE BRUSH-STEP" with right foot (3) one small hop on left foot (4) one "SHOPE BRUSH-STEP" with right foot (5)

*continued...*

Measure

- 2-3 Repeat same as in figure 2, measures 1 & 2

Figure 5 ("Pletl")

- 1 Moving DIRECTLY FORWARD two small running steps starting with right foot (1,2), with weight on left foot, touch floor with heel of right foot twice diagonally RIGHT (60 & 30°) (3,4), small LEAP on right foot directly FORWARD (5)
- 2 Still moving directly FORWARD, REPEAT pattern of measure 1 reversing footwork
- 3 With weight on left foot, step forward on right foot (1), LEAP onto left foot IN PLACE and stamp once with right foot (2,3), LEAP onto right foot IN PLACE and stamp once with left foot (4,5)
- 4 Moving directly BACKWARD, five (5) small running steps starting with left foot (1,2,3,4,5)
- 5-6 Same as in figure 2, measures 1 & 2

Figure 6 ("Hlopka")

- 1 With weight on both feet and feet together, three small "CHUGS" moving back-front-back (1,2,3) leap onto left foot IN PLACE (4), one SLAP with right leg diagonally RIGHT (60°) (5)
- 2 One LEAP onto right foot IN PLACE (1), TOUCH heel of left foot twice diagonally LEFT (60 & 30°) (2,3), LEAP onto left foot IN PLACE (4) one SLAP with right foot diagonally RIGHT (60°) (5)

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NOTE: There is no definite order or sequence for each figure. This dance is mostly done with a leader calling the figures

Bulgarian names of figures taken from: "Teorija za stroeža na dviženjata v bulgarskata narodna horeografija" - K. Djenev & K. Haralampiev - Nauka i Izkustvo, Sofia, 1965

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