

Kamenopolsko

(Bulgaria)

Translation: From region of Kamenopolje (literally, rocky field) in the district of Pleven.

Record: Folcraft LP-29, side B band 1 (2:03) - orchestra.

Formation: Line dance, no partners. Belt hold. R foot free.

Variation I - Chorus Step

- 1-3 Three Pleven Two-Steps (R, L, R) directly forward.
4 Hop on R foot, extending L foot out sharply and slightly in front of R (ct 1). One Skipping Reel Step (R) (cts ah-2).
5 One skipping Reel Step (L) (cts ah-1). Leap on L foot in place, raising R knee slightly (ct 2). Tap R heel slightly fwd (ct and).
Note: This heel-tap is a variation, sometimes omitted).

Variation II - Ones ("Edin")

- Facing center:
1 Cross and step on R foot directly in front of L (ct 1). Step back on L foot in place (ct and). Close and step on R foot beside L (ct 2). Cross and step on L foot directly in front of R (ct and).
2 Step back on R foot in place (ct 1). Close and step on L foot beside R (ct and). Cross and step on R foot directly in front of L (ct 2). Step back on L foot in place (ct and).
3 Close and step on R foot beside L (ct 1). Hop on R foot, kicking L foot fwd (ct 2).
4 Two Scissors Steps (L, R) in place (cts 1-2).
5 Turning to face slightly L, a slight leap on L foot in place (ct 1). Hop on L foot, bending R knee to raise R foot up in back (ct 2). Tap R heel slightly fwd (ct and). Note: this heel-tap is a variation, sometimes omitted.

Variation III - Twos ("Dvojka")

- Facing center:
1 Rock slightly fwd on R foot (ct 1). Rock back on L foot in place (ct and). Rock slightly back on R foot (ct 2). Rock fwd on L foot in place (ct and).
2-6 As II above, measures 1-5.

Variation IV - Double Twos

- 1 As III above.
2 Cross and step on R foot directly in front of L (ct 1). Step back on L foot in place (ct and). Close and step on R foot beside L (ct 2). Rock slightly fwd on L foot (ct and).
3 Rock back on R foot in place (ct 1). Rock slightly back on L foot (ct and). Rock fwd on R foot in place (ct 2). Cross and step on L foot directly in front of R (ct and).
4-7 As II above, measures 2-5.

Variation V - Threes ("Trojka")

- 1 As III above.
2-7 As III above, measures 1-6.

Variation VI - Threes plus twos

- 1 As III above.
2-8 As IV above, measures 1-7.

Note: "Double threes" are also danced frequently.

Variation VII - To the Right

- 1 Facing slightly and moving R, two skips (R, L) fwd.
2 Two-Step (R) fwd, stamping R foot on ct 2.
3 Hop on R foot swinging L leg in a small arc CCW and turning to face slightly L (ct 1). Step quickly on L foot in back of R, L knee straight (ct and). Stamp on R foot in place, toes pointing twd center (ct 2).
4 Hop on R foot in place, swinging L leg in a small CW arc and turning to face center (ct 1). Rock fwd quickly on L foot directly in front of R, L knee straight (ct and). Stamp back on R foot in place (ct 2).
5-8 Repeat pattern of measures 1-4 reversing direction and footwork.

Variation VIII - Skipping Reel Steps

- VII above, except:
3-4 Turning to face center, four Skipping Reel Steps (L, R, L, R) bkwd.

Variation IX - Grapevine

- Facing center:
1 Step sdwd R on ball of R foot (ct 1). Cross and step on L foot in front of R (ct and). Step sdwd R on ball of R foot (ct 2). Cross and step on L foot in back of R (ct and).
2 Repeat pattern of measure 1.
3 Leap sdwd R on R foot (ct 1). Stamp L heel diagonally fwd without taking weight (ct and). Stamp L heel straight fwd without taking weight (ct 2).
4 Leap on L foot in place (ct 1). Stamp R heel in place without taking weight (ct and). Leap on R foot in place (ct 2). Stamp L heel in place without taking weight (ct and).
5-8 Repeat pattern of measures 1-4 reversing direction and footwork.

Variation X - (Men only)

- As IX, except:
3-4 Turning to face slightly R, two Squat-Kicks (R, L).

Note: Variation I (Chorus Step) usually alternates with a combination of one or two variations.