

KAMENOPOLSKO -- North Bulgaria

Adv.

КАМЕНОПОЛСКО

(Line dance, no partners)

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

Record: Folkraft LP-26, side B band 1 (2:03)--orchestra.






Starting Position: Belt hold. Right foot free.

















Music 2/4

Measure





VARIATION I -- Chorus step

- 1-3 Three PLEVEN TWO-STEPS (right, left, right) directly FORWARD.
4  Hop on right foot, extending left foot out sharply and slightly in front of right (count 1),
5  One SKIPPING REEL STEP (right) (counts ah-2).
 One SKIPPING REEL STEP (left) (counts ah-1),
 Leap on left foot in place, raising right knee slightly (count 2),
 Tap right heel slightly forward (count and). (Note: This heel-tap is a variation, sometimes omitted.)

VARIATION II -- Ones ("Edin")

- Facing center:
1  Cross and step on right foot directly in front of left (count 1),
 Step back on left foot in place (count and),
 Close and step on right foot beside left (count 2),
2  Cross and step on left foot directly in front of right (count and),
 Step back on right foot in place (count 1),
 Close and step on left foot beside right (count and),
 Cross and step on right foot directly in front of left (count 2),
3  Step back on left foot in place (count and).
 Close and step on right foot beside left (count 1),
4  Hop on right foot, kicking left foot forward (count 2).
5  Two SCISSORS STEPS (left, right) in place (counts 1-2).
 Turning to face slightly left, a slight leap on left foot in place (count 1),
 Hop on left foot, bending right knee to raise right foot up in back (count 2),
 Tap right heel slightly forward (count and). (Note: This heel-tap is a variation, sometimes omitted.)

VARIATION III -- Twos ("Dvojka")









- Facing center:
1  Rock slightly forward on right foot (count 1),
 Rock back on left foot in place (count and),
 Rock slightly back on right foot (count 2),
2-6  Rock forward on left foot in place (count and).
As II above, measures 1-5.

.../...

Count

Kamenopolsko, continued.

VARIATION IV -- Double twos

- 1 As III above.
- 2  Cross and step on right foot directly in front of left (count 1),
- 3  Step back on left foot in place (count and),
- 4  Close and step on right foot beside left (count 2),
- 5  Rock slightly forward on left foot (count and).
- 6  Rock back on right foot in place (count 1),
- 7  Rock slightly back on left foot (count and),
- 8  Rock forward on right foot in place (count 2),
- 9  Cross and step on left foot directly in front of right (count 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 right, two skips (right, left) forward.
- 2  TWO-STEP (right) forward, stamping right foot on count 2.
- 3  Hop on right foot swinging left leg in a small arc counterclockwise and turning to face slightly left (count 1),
- 4  Step quickly on left foot in back of right, left knee straight (count and),
- 5  Stamp on right foot in place, toes pointing toward center (count 2).
- 6  Hop on right foot in place, swinging left leg in a small clockwise arc and turning to face center (count 1),
- 7  Rock forward quickly on left foot directly in front of right, left knee straight (count and),
- 8  Stamp back on right foot in place (count 2).
- 5-8 REPEAT pattern of measures 1-4 reversing direction and footwork.

VARIATION VIII -- Skipping reel steps




- As VII above, except:
- 3-4 Turning to face center, four SKIPPING REEL STEPS (left, right, left, right) backward.

.../...

count

Kamenopolsko, continued.

VARIATION IX -- Grapevine

- 1 Facing center
 Step sideward right on ball of right foot (count 1),
 Cross and step on left foot in front of right (count and),
 Step sideward right on ball of right foot (count 2),
 Cross and step on left foot in back of right (count and).
 2 % REPEAT pattern of measure 1.
 3  Leap sideward right on right foot (count 1),
 Stamp left heel diagonally forward without taking weight (count and),
 Stamp left heel straight forward without taking weight (count 2).
 4  Leap on left foot in place (count 1),
 Stamp right heel in place without taking weight (count and),
 Leap on right foot in place (count 2),
 Stamp left heel in place without taking weight (count and).
 5-8 REPEAT pattern of measures 1-4 reversing direction and footwork.

VARIATION X (Men only)

- As IX above, except:
 3-4 Turning to face slightly right, two SQUAT-KICKS (right, left).

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

Cont.

GLOSSARY

BOUNCE-BOUNCE (♩): With weight on balls of both feet and heels raised very slightly, lower heels twice (counts 1-and).

BRUSH: Move foot, touching floor briefly as though sweeping or brushing with a broom.

CHUG: Slide foot very slightly and suddenly, with heel raised very slightly then lowered at the end.

CLOSE: Bring one foot beside the other.

FLEX KNEE (♩): Bend knee slightly (count 1) then straighten it (count and).

HOP: Spring off the floor on one foot and land on the same foot, no transfer of weight.

HOP-STEP (RIGHT) (♩): With weight on right foot, hop on right foot (count 1), step on left foot (count 2). Repeat, reversing footwork, for Hop-Step (Left).

HOP-STEP-STEP (RIGHT) (♩): With weight on right foot, hop on right foot (count 1), step on left foot (count and), step on right foot (count 2). Repeat, reversing footwork, for Hop-Step-Step (Left).

JUMP: Spring off the floor and land on both feet.

LEAP or RUNNING STEP: Spring off the floor on one foot and land on the other, both feet off the floor at height of action (which distinguishes a leap from a simple walking step). There is a slight knee bend at beginning and end of action. A series of leaps (running steps) is a run.

LIFT: Hop, but not quite because ball of foot does not quite leave the floor.

PLEVEN TWO-STEP (RIGHT) FORWARD (♩): Step forward on right foot (count 1), step slightly forward on left foot so toes are about behind right heel (count and), step forward firmly on right foot, bending knee slightly (count 2). Repeat, reversing footwork, for Pleven Two-Step (Left).

PUMP HEEL (♩): Bend and raise knee slightly (count "ah" before count 1), straighten knee sharply, pushing or kicking heel down toward floor as though pumping a car brake (counts 1-and).

ROCK: Step, but with implication of reversing direction and returning to place on the next step (or rock).

RUNNING STEP (see Leap).

RUNNING TWO-STEP (see Two-Step).

SCISSORS STEP (RIGHT) (♩): A slight leap onto right foot in place, displacing left foot and moving it quickly forward with knee straight (count 1). Repeat, reversing footwork, for Scissors Step (Left).

SKIP or SKIPPING STEP (RIGHT) (♩. or ♩): A hop-step in an uneven rhythm: Hop on left foot (count "ah" before count 1), step on right foot (counts 1-and). Repeat, reversing footwork, for Skip or Skipping Step (Left).

SKIPPING REEL STEP (RIGHT) (♩): A hop-step in an uneven rhythm: Hop on left foot (count "ah" before count 1), cross and step on right foot in back of left (counts 1-and). Repeat, reversing footwork, for Skipping Reel Step (Left).

SLAP FOOT: Stamp foot forward, knee straight, without taking weight.

SLIDE: Move foot along floor, keeping contact with floor.

SQUAT: Bend knees deeply so as almost to sit on heels.

SQUAT-KICK (RIGHT) (♩): Jump and squat down on both feet, bending knees deeply (count 1), rise and hop on right foot, kicking left foot forward (count 2). Repeat, reversing footwork, for Squat-Kick Left.

Continued on page 7.

Glossary, continued from page 2.

STAMP: Step with emphasis, heavily.

STEP: A transfer of weight from one foot to the other.

STEP-CLOSE (RIGHT) (♩): Step on right foot (count 1), close and step on left foot beside right (count 2). Repeat, reversing footwork, for Step-Close (Left).

STEP-HOP (RIGHT) (♩): Step on right foot (count 1), hop on right foot (count 2). Repeat, reversing footwork, for Step-Hop (Left).

TAP: Touch lightly, without taking weight, and immediately raise.

TOUCH: Place foot without taking weight.

TWO-STEP (RIGHT) (♩): Step on right foot (count 1), close and step on left foot beside right (count and), step on right foot (count 2). Repeat, reversing footwork, for Two-Step (Left).

Running Two-Step: same except a slight leap on count 1, or on all counts.

PRONUNCIATION

Bulgarian is written in a Cyrillic alphabet similar to Russian. In these dance descriptions (a) titles, and some descriptive words in the text, have been transliterated according to the international standard table for transliterating Slavic alphabets, (b) the stressed syllable has been underlined to aid pronunciation. Except for the "ŭ" sound, all letters are like the Serbian Latin alphabet with which many folk dancers may be familiar already.