

KAPANSKO HOROBulgaria

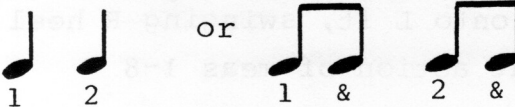
TRANSLATION : Dance from the *Kapanci* population in North-
AND Eastern Bulgaria.
ORIGIN

The *Kapanci* are descendents from the early Bulgarian settlers also known as the Proto-Bulgars. They first came to the stream area of the Volga river in the 5th century under the leadership of Han Asparuch.

The word *Kapanci* comes from *kapka*, Bulgarian for drop or dot, which refers to the dot-like embroidery patterns in their folk costumes.

The *Kapanci* mainly live in the area between the towns of Razgrad, Šumen and Târgovište. They have their own distinct folklore such as dances, songs and rituals. The dance style is a combination of the jumpy and fast movements typical for North Bulgarian (*Severnjaški*) and the self-assured *Dobrudžanski* "earthiness"

MUSIC : LP/Cassette "Folk Dances from Bulgaria"- volume 4
JL 1988.02 by Jaap Leegwater Side B, band 5

METER : 2/4 

SOURCE : Learned by Jaap Leegwater in Russe, Bulgaria from Ivan Donev, choreographer and specialist in the *Kapanci* dancestyle.

FORMATION : Medium-length lines.
Belt hold position for the hands.

INTRODUCTION : 24 measures

<u>MEAS</u>	<u>PATTERN</u>	<u>"INTRODUCTION"</u>
1	facing ctr, moving sdwd R, step on R ft (ct 1), hop on R ft, swinging L knee up (ct 2)	
2	step on L ft in front of R ft (ct 1), hop on L ft, lifting R ft off the floor (ct 2)	
3	step on R ft (ct 1), step on L ft behind R ft (ct 2)	
4	repeat action of meas 3	
5-44	repeat action of meas 1-4 ten more times	

- | <u>MEAS</u> | <u>PATTERN</u> | <u>Part 1</u> |
|-------------|---|---------------|
| 1 | facing and moving twd ctr,
step on R ft (ct 1),
hop on R ft, lifting L knee in front (ct 2) | |
| 2 | step on L ft (ct 1),
hop on L ft, lifting R knee in front (ct 2) | |
| 3 | low leap onto R ft in place (ct 1),
step on ball of L ft across behind R ft (ct &),
"fall" back onto R ft in place (ct 2) | |
| 4 | step on L ft, extending R leg diag R fwd low (ct 1),
strike R heel diag R in front (ct 2) | |
| 5 | facing ctr, moving slightly bkwd,
low leap onto R ft next to L ft, at the same time
swinging L leg sdwd low (ct 1),
low hop on R ft, swinging L leg across in front low (ct 2) | |
| 6 | low hop on R ft, swinging L leg sdwd low (ct 1),
low hop on R ft, swinging L ft up across behind R leg (ct 2) | |
| 7 | low jump on both ft slightly apart (ct 1),
low jump on both ft together (ct 2) | |
| 8 | dancing in place,
low jump on both ft together (ct 1),
leap onto L ft, swinging R heel behind (ct 2) | |
| 9-16 | repeat action of meas 1-8 | |

Part 2

- | | |
|------|--|
| 1-2 | repeat action of meas 3-4 of Part 1 |
| 3 | place R heel straight fwd (ct 1), hold (ct 2), |
| 4 | hop on L ft, turning R knee high out, at the same time
bring R ft in an arc bkwd (ct 1),
stamp with the ball of R ft, without wt, next behind L
heel (ct 2) |
| 5 | hop on L ft, swing R leg in sdwd arc fwd (ct 1),
strike R heel diag R fwd (ct 2) |
| 6 | low hop on L ft, swinging R leg up fwd low (ct 1),
small step on R ft in front of L ft (ct &),
step on L ft in place (ct 2) |
| 7 | step on R ft in place, swinging L heel behind (ct 1),
hop on R ft, kicking L leg in front (ct 2) |
| 8 | step on L ft in place, lifting R heel behind (ct 1),
hop on L ft, kicking R leg in front (ct 2) |
| 9-16 | repeat action of meas 1-8 |

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 3</u>
1	facing ctr, ft slightly apart and knees bent, balance R (ct 1), balance L (ct 2)	
2	balance R (ct 1), leap onto L ft sdwd L, lifting R knee slightly turned out in front (ct 2)	
3	facing ctr, moving sdwd L, ft slightly turned out, step on R ft in front of L ft (ct 1), leap onto L ft, lifting R knee in front (ct 2)	
4	repeat action of meas 3	
5	turning body face diag L, step on R ft sdwd (ct 1), hop on R ft (ct 2)	
6	step back on L ft (ct 1), hop on L ft (ct 2)	
7	facing ctr, moving slightly bkwd, step on R ft (ct 1), step on R ft (ct 2),	
8	dancing in place, step on R ft (ct 1), hop on R ft (ct 2)	
9-16	repeat action of meas 1-8	

Repeat Part 1 - 3

