



# LAMBA LAMBA - KOPANICA

- TRANSLATION AND BACKGROUND : *Kopanica* from N.W. Bulgaria.
1. The word *Kopanica* is derived from the verb *kopaja* ("to dig")
  - 2 In dance and music terminology *Kopanica* means dance in 11/8 meter (2-2-3-2-2) and it is also the name of its basic step.
- MUSIC : LP "Folk Dances from Bulgaria - 3 " by Jaap Leegwater JL 1985.01 Side 2, Band 3.
- BACKGROUND : The dance has a three measure basic pattern. This is typical for some other *Kopanica*'s too that are done in the ethnographical region of N.W. Bulgaria. The variations occur in the last, third measure. The other 11/8 dances belonging to this group are: *Gankino* and *Cibarsko Horo* or *Cibarska Kopanica*.
- SOURCE : Learned by Jaap Leegwater in Bulgaria in 1979 from Dimitar Dojčinov, choreography and dance instructor in Plovdiv.
- METER : 11/8  or   
Q Q S Q Q
- FORMATION : Open or half circle.  
Hands at belthold position, L arm over.
- INTRODUCTION : 2 measures (*tâpan* intro)

- | <u>MEAS</u> | <u>PATTERN</u>  | <u>Part 1</u> |                                       |
|-------------|---|---------------|---------------------------------------|
| 1           | facing diag R, moving LOD,<br>step on R ft (ct 1),<br>step on L ft (ct 2),<br>a small lifting on L ft immediately<br>followed by a step on R ft (ct 3)<br>hop on R ft, raising L knee (ct 4),<br>step on L ft (ct 5)                        |               | } <i>Kopanica</i> - step              |
| 2-7         | repeat action of meas 1 six more times  |               |                                       |
| 8           | step on R ft (ct 1),<br>step on L ft (ct 2)<br>turning face ctr, turn L heel in on the<br>ball of the L ft, immediately followed by<br>a step on R ft diag R bkwd (ct 3),<br>step on L ft sdwd L (ct 4),<br>step on R ft behind L ft (ct 5) |               | } <i>Sowalka</i> or<br>"twizzle"-step |

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1 (continued)</u>
9	step on L ft sdwd L (ct 1), step on R ft behind L ft (ct 2), step on L ft sdwd L, raising R ft to R side, knees together (ct 3) close R ft to L ft with a sharp click, } globka R wt on both ft equally (ct 4), hold (ct 5)	
10	hold (ct 1-2) low jump on both ft together sdwd L (ct 3), step on R ft diag R fwd (ct 4-5)	
11	hop on R ft, lifting L knee in front (ct 1), step on L ft in place (ct 2), swing R ft up across L shin (ct 3), leap onto R ft in place, lifting L knee (ct 4), stamp L heel, without wt, next to R toes (ct 5)	
12-17	repeat action of meas 9-11 two more times	
18-19	repeat action of meas 9-10	
20	repeat action of ct 1-3 of meas 11 (ct 1-3) step on R ft sdwd R (ct 4), step on L ft across in front of R ft (ct 5)	
21	step on R ft sdwd R (ct 1) step on L ft across behind R ft (ct 2), step on R ft sdwd R, lifting L knee (ct 3), close L ft next to R ft without wt (ct 4), hold (ct 5)	"transition"
22	facing ctr, moving sdwd L, step on L ft sdwd L (ct 1), step on R ft next to L ft (ct 2), step on L ft sdwd L, immediately followed by a step on L ft sdwd L (ct 3), step on L ft sdwd L (ct 4), step on R ft next to L ft (ct 5)	

Part 2 Podskoci (hops)

- 1 facing ctr, moving sdwd L,  
step on L ft sdwd L (ct 1),  
step on R ft next to L ft (ct 2),  
low jump on both ft together sdwd L (ct 3),  
step on R ft diag R fwd (ct 4-5)
- 2 hop on R ft, lifting L knee in front (ct 1),  
step on L ft in place (ct 2),  
swing R ft up across L shinbone (ct 3),  
leap onto R ft in place, lifting L knee (ct 4),  
stamp L heel, without wt, next to R toes (ct 5)

LAMBA LAMBA - KOPANICA (continued)

MEAS      PATTERN      Part 2 (continued)

- 3      facing ctr,  
step on L ft bkwd (ct 1),  
step on R ft next to L ft (ct 2)  
stamp with L ft fwd (ct 3),  
low hop on L ft fwd, lifting R knee in front (ct 4),  
step on R ft diag R fwd (ct 5),
- 4      low hop on R ft fwd, lifting L knee in front (ct 1),  
step on L ft diag L fwd (ct 2)  
low jump on both ft together sdwd L (ct 3),  
step on R ft diag R fwd (ct 4-5)
- 5-13      repeat action of meas 2-4 three more times

Part 3 Otpred-Nazad (In front-behind)

- 14      repeat action of meas 2
- 15      facing ctr,  
step on L ft bkwd (ct 1),  
step on R ft next to L ft (ct 2),  
step on L ft fwd (ct 3),  
low hop on L ft, lifting R leg straight fwd up (ct 4),  
slap R ft on the floor in front (ct 5)
- 16      hop on L ft, swinging R ft up behind across L leg (ct 1),  
tap R toes behind across L ft (ct 2),  
low jump on both ft together in place (ct 3),  
step on R ft diag R fwd (ct 4-5)
- 17-22      repeat action of meas 14-16 two more times
- 23-24      repeat action of meas 14-15
- Note: The dance finishes with the slap of the R in front,  
bending the body at waist straight fwd.

Repeat the whole dance one more time from the beginning

Presented by Jaap Leegwater at the Sacramento Folkdance Council  
workshop, November 2, 1985 in Sacramento.

Description by Jaap Leegwater © 1985