

1974 SAN DIEGO STATE UNIVERSITY FOLK DANCE CONFERENCE

Presented by Dick Crum

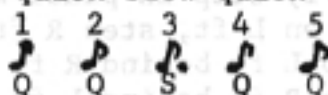
LUDO KOPANO Bulgaria

This is another version of the exhibition-style "kopanica" dances for which the "shope" people around Sofia are so famous. I learned "Ludo kopano" (LOO'-doo KOH'-pah-noo") from the late Ilija Rizov, former lead dancer with the Kutev Ensemble. Ilija had a predilection for "kopanici", and this was one of his favorites.

RECORD: There are many Kopanica recordings which may be used for this dance. In class we used X-323-A, "Ludo kopano."

FORMATION: Lines of dancers, with belt hold, R arm under, L arm over

RHYTHM: All "Kopanici" are in 11/16 meter, with five dancer's beats in a quick-quick-slow-quick-quick pattern:



11/16 METER

PATTERN

meas

FIG I. "ZAIGRAJ"

- 1 Slight lift on R ft, moving diag fwd L (ct 1) step L ft, moving fwd L (ct 2) kick R ft across ("nook") with chukche on L ft (ct 3) step R ft moving to R "Across front of stage" (ct 4) step L ft moving to R " " " (ct 5)
- 2 Step R ft moving to R "across front of stage" (ct 1) step L ft moving to R " " " " " (ct 2), step back on R ft, landing on both feet in 4th position. (ct 3) slight hop bwd on R ft (ct 4), L ft steps bwd (ct 5)
- 3 Hop bwd on L ft (ct 1) step bwd on R ft (ct 2) step diag fwd L with L ft (ct 3) hop on L ft moving diag fwd L (ct 4) step fwd L on R ft (ct 5)

FIG II: "ČUKNI"

- 1 Hop fwd on R ft (ct 1) step fwd on L ft (ct 2) kick R ft fwd, hitting heel on floor (ct 3) leap onto R ft, kicking L leg up behind R leg and bending fwd (ct 4) hold (ct 5)
- 2 Leap onto L ft, kicking R leg up in front of L leg (ct 1) hold (ct 2) leap onto R ft, swinging L ft fwd and out in an arc (ct 3) hop on R ft in place, continue L ft's arc out to side (ct 4) finish arc by stepping on L ft behind R ft (ct 5)

Continued...

- 3 Hop slightly back on L ft (ct 1) step bwd on R ft (ct 2),
step fwd on L ft (ct 3) hop fwd on L ft (ct 4) step fwd on
R ft (ct 5)

FIG III: ČUKNI-HLOPNI

- 1 Jump, landing on both ft apart and parallel (ct 1),
" " " together " (ct 2)
" " " apart " (ct 3)
" " " together " (ct 4)
" " " apart " (ct 5)
- 2 " " together " (ct 1)
" " apart " (ct 2)
" " together " (ct 3)
hold, (ct 4-5)
- 3 Rock back on R ft (ct 1) rock fwd on L ft (ct 2) "hook" R
ft up in front, with hop on L ft (ct 3) rock back on R ft
(ct 4) rock fwd on L ft (ct 5)
- 4 Step fwd with R ft (ct 1) step in place with L ft (ct 2) with
slight preliminary hop on L ft, step R ft behind L ft (ct 3)
hop on R ft (ct 4) step L ft behind R ft (ct 5)
- 5 Hop on L ft (ct 1) step R ft behind L ft (ct 2) kick L heel
fwd (ct 3) step L ft in place (ct 4) kick R heel fwd (ct 5)

FIG IV: SKURŠKI

- 1 Step R ft in place (ct 1) step L ft in place (ct 2) step R ft
in place, bending L knee up across and turning slightly R from
the waist down (ct 3) hop on R ft in place, wrenching knee to CRIPPLE TO
CTA (ct 4) step L ft in place (ct 5)
- 2-3 Repeat movements of meas 1 two more times
- 4 Step R ft in place (ct 1) step L ft in place (ct 2) step R ft
in place (ct 3) hop on R ft, bringing straight L leg around to
front (ct 4) strike L heel across in front of R, L knee straight
(ct 5)
- 5 Hop on R ft, bringing straight L leg to L side in front (ct 1)
strike L heel on floor out to L side (ct 2) strike L heel
across in front of R again (ct 3) hop on R ft (ct 4) step on
L ft behind R ft (ct 5)
- 6 Hop slightly back on L ft (ct 1) step bwd on R ft (ct 2) step
fwd on L ft (ct 3) hop fwd on L ft (ct 4) step fwd on R ft (ct 5)

NOTE: On subsequent repeats of the "Skurši" figure, ct 1 of Meas 1
will be a HOP on R ft instead of a STEP.

FIG V: NABIJ-PLESNI

- 1 Step L with L ft (ct 1) step R ft behind L ft (ct 2) step L ft
in place (ct 3) hop on L ft in place, raising R knee (ct 4)
strike R heel on floor (ct 5).
- 2 Step R ft in place (ct 1) strike L heel on floor (ct 2) step
on L ft in place, extending straight R leg to L (ct 3) facing
slightly L, hop on L ft, R leg still extended up (ct 4), brush

R ft bwd (ct 5)

3-4 Repeat meas 1-2 but with opp ftwk.

FIG VI: HVURLI

- 1 Hop on R ft, turning body to face L (ct 1) rock back onto L ft behind R ft (ct 2) rock fwd onto R ft (ct 3) hop on R ft (ct 4) tap tip of L toe behind R ft (ct 5)
- 2 Hop on R ft (ct 1) tap tip of L toe behind R ft again (ct 2) hop on R ft, abruptly turning and kicking L ft across in front of R leg (ct 3) hop on R ft (ct 4) strike L heel fwd (ct 5)
- 3-4 Repeat meas 1-2, but opp ftwk, beginning with a STEP onto L ft, turning to face R, etc