

"Opa cupa" (OH-pah TSOO-pah) is a call used to encourage dancers. I learned the dance from Ben Koopmanschaap.

MUSIC:

"Opa Cupa"

RHYTHM:

2/4

FORMATION:

Solo dancers facing center, hands held freely out to the

side, about shoulder height.

STYLE:

"Gypsy" that is, much freedom for individual styling.

METER 2/4

PATTERN

Meas

1-16

Introduction: No action. Dance begins with singing.

I. DIAGONAL STEPS AND SIDE-CLOSES

- Turning to face slightly L, step on R ft diagonally fwd and to the R, knees bent (1), straightening the knees, place L ft next to R ft and bounce twice (2&).
- 2 Step diag bkwds and to R on L ft, knees bent (1), straightening the knees, place R ft. next to L ft and bounce twice (2&).
- Facing center, step to R on R ft, bending knees (1), straightening the knees, close L ft beside R ft and bounce twice (2&).
- 4 Repeat meas 3, but end with weight on R ft.
- 5-8 Repeat meas 1-4 with opp ftwk and direction.
- 9-16 Repeat meas 1-8, but end with weight on R ft.

II. CIRCLE RIGHT LEG AND KICKS

- Facing center, leap onto L across in front of R, raising R leg to R with knees bent (1), move R leg CCW in a large circle (&2&).
- 6 Continue to circle R leg CCW in a smaller circle (1&), click R ft sharply together with L, landing with feet together (2).
- 7 Hop on L ft, swinging R leg behind L, knees together (1), hop again on L ft, bringing R ft to a small "kick" low and directly in front of L ft. (").
- 8 Hop on L ft one more time (1), step on R ft side and slightly behind L ft (&), step on L ft in place (2).
- 9 Leap to the R on the R ft, swinging L leg behind R (1), hop on R ft, bringing L ft to a small "kick" low and directly in front of R ft (2).

cont.

- 10 Repeat meas 4 with opp ftwk.
- 7-8 Repeat measures 5-6 with opp ftwk.

III. STAMPS AND MOVING FORWARD AND BACK

- Twisting hips CW leap onto R ft beside L ft (1), stamp L heel beside R instep, no weight (&), repeat counts 1& with opp ftwk and direction (2&).
- 12 Repeat meas 1.
- Facing center, step fwd on R ft (1), hop on R ft (2), step fwd on L ft (&). Note: A styling alternative is to twist hips CW on count 1, returning them to face center on count 2. The hop thus becomes a chug with a low twisting kick, as in Yves Moreau's Sitna Zborenka.
- 14 Repeat meas 3.
- 5-6 Repeat meas 1-2.
- 7-8 Moving bkwds, repeat meas 3-4.
- 9-16 Repeat meas 1-8.

IV. SLALOM AND THIGH SLAPS

- Facing center throughout, with ft parallel and wt on balls of ft, bend knees sharply, twist on balls of ft and drop wt on heels to R (1), hold (&), straightening knees sharply, return with a bounce to the original position with hips and toes facing fwd (2), repeat ct 1 (&).
- 2 Hold (1), repeat meas 1, ct 2 (&), repeat meas 1, ct 1 (2). The rhythm of the action in meas 1-2 is: SLOW-quick-SLOW-quick-SLOW.
- Facing ctr, step bkwds on R ft (1), clap hands in front of chest (&), slap R thigh with R hand (2), slap L thigh with L hand (&).
- Step bkwds on L ft and clap hands in front of chest (1), slap R thigh with R hand (&), click R ft to L ft (2).
- 5-8 Repeat meas 1-4.

V. SLALOM AND FAST GRAPEVINE

- 1-2 Repeat meas 1-2 of Fig IV, but take wgt on L ft and raise R heel behind on count 2 of meas 2.
- Continuing to face ctr, dance a fast grapevine to the R, stepping on R ft to R (1), step on L ft behind R (&), step on R ft to R (2), step on L ft across in front of R (&).
- 4 Repeat meas 3.
- 5-7 Repeat meas 1-4.

Dance repeats from the beginning. Dance ends just before Fig IV on the third repetition. As the music slows during the last two measures, dancers may improvise freely.