

Opas

(Bulgaria)

This dance, for M only, was learned by Yves Moreau in January, 1970, from Emil Pavlov, dancer with an amateur folk dance group in Tolbuhin Debrudza. The variations given below are just a few out of the many figures for this dance which is done in all parts of Dobrudza. These particular variations originate from the village of Alekovo, Silistra District.

Formation: Short lines of M. Belt hold, L over R. Belt necessary. Face ctr. Wt on L.

Style: Men's Dobrudzan dances are the strongest of all Bulgaria. The movements are big and heavy and often include stamps, squats, and an occasional shoulder twist - the latter reflecting Turkish influence.

<u>Measure</u>	<u>Pattern</u>
1-8	Introduction - no action.
	<u>Part I</u>
1	Turn twd R, step R (ct 1). Stamp L next to R, no wt (ct 2). Turn twd L, step L (ct 3). Stamp R next to L, no wt (ct 4).
2	Small leap onto R, turning twd R (ct 1). Stamp L next to R, no wt (ct &). Chug fwd on R (ct 2). Stamp L next to R, no wt (ct &). Leap onto L, turning to L (ct 3). Stamp R next to L (ct 4).
3-8	Repeat action of meas 1-2, 3 more times (4 in all).
	<u>Part II</u>
1	Facing and moving LOD, step R (cts 1, 2). Step L (cts 3, 4).
2	Turning to face ctr, step R to R (ct 1). Large step on L behind R, hips twisted to L as far as possible without changing facing direction (ctr), knees well bent (ct 2). Step R in place (ct 3). Sweep L leg around twd ctr (ct 4).
3	Step L next to R, straightening knees (ct 1). Hold (ct 2). Turning to move RLOD, step L (cts 3, 4).
4	Continuing in RLOD, step R (cts 1, 2). Facing ctr, step L to L (ct 3). Large step on R behind L, hips twisted to R as far as possible without changing facing direction (ctr), knees well bent (ct 4).
5	Step L in place (ct 1). Sweep R leg around twd ctr Oct 2). Step R next to L, straightening knees (ct 3). Hold (ct 4).
	<u>Part III</u>
1	Facing ctr, move fwd R, L (cts 1, 2). Sweep R leg outward and fwd twd ctr, close to floor (ct 3). Pass R ft quickly bkwd next to L fot, long step back on R, toes turned to R, twisting hips to R; raise L ft off floor as step is taken (ct 4).
2	Turning t L, step L near R (ct 1). Stamp R next t L, no wt (ct 2). Turning to R, step R (ct 3). Stamp L next to R, no wt (ct 4).
3	Facing ctr, leap onto L, twisting body to L (ct 1). Leap onto R, twisting body to R (ct 2). Twisting to L, jump into stride pos, knees bent (ct 3). Hold (ct 4).

- 4 Repeat action of meas 1, Part I. (step, stamps).
5-8 Repeat action of meas 1-4, Part III.

Part IV

- 1 Facing ctr, hop on L, swing R ft, knee bent, across in front of L (ct 1). Hop on L, swing R ft to R (ct 2). Hop on L, swing R ft across in front of L (ct 3). Leap onto R in place, raising bent L knee sharply (ct 4).
2 Leap onto L in place, R knee raised (ct 1). Hop on L (ft turns to R), twisting to R as much as possible, R knee bent in preparation for following step (ct 2). Step R away from ctr (ct 3). Stamp L next to R (ct 4). Stamp L again, no wt (ct 4).
3 Step L twd ctr (ct 1). Sweep R leg outward and fwd twd ctr, close to floor (ct 2). Pass ft quickly bkwd next to L ft, long step back on R, toes turned to R, twisting hips to R (ct 3). Leap onto L, facing ctr, but twisting hips to L, raise bent R knee sharply (ct 4).
4 Leap onto R, twisting hips to R (ct 1). Stamp L next to R, no wt (ct 2). Leap onto L, twisting hips to L (ct 3). Stamp R next to L, no wt (ct 4).
5-8 Repeat action of meas 1-4, Part IV.

Part V

- 1 Facing ctr, walk fwd 4 steps, R, L, R, L (cts 1-4).
2 Leap R to R, raising L ft across behind R knee (ct 1). Leap L to L, raising R leg fwd (ct 2). Hop on L, R leg, knee bent, describes vertical bkwd circling motion (ct 3). Step R ft next to L and do full squat, knees together, wt on both feet (ct 4).
3 Recover with hop on R, twisting bent L knee across R leg (ct 1). Stamp L next to R, no wt (ct 2). Leap onto L, twisting to L, knees close together (ct 3). Stamp R next to L, no wt (ct 4).
4 Repeat action of meas 2, Part I.
5-8 Repeat action of meas 1-4, Part V.

Dance repeats from beginning and then Part I is done again.