

PLOVDIVSKA KOPANICA

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PLOVDIVSKA KOPANICA (Plov'-deev-ska koh'-pah-nee-tsa)

Bulgarian line dance from the town of Plovidiv. Taught by Dick Crum

Record: Any good "Gankino" or "Kopanica" tune may be used. In class we used "Gankino horo" on XOP0 LP 2, Side 2, Bd. 3.

Meter: 11/16, count 1-2-3-4-5, with a hold on ct. 3. (quick-quick-slow-quick-quick).

Formation: Men and women in separate small lines of at least three persons each. Take hold of neighbor's belt at side nearest you, your R arm under neighbor's L arm.



FIGURE 1 ("Basic Step"):

Meas. 1 Step Rft R (ct. 1); step Lft behind Rft, moving R (ct. 2); Step Rft R (ct. 3); close Lft beside Rft, weight on both feet (ct. 4); bounce on both feet in place (ct. 5).

Meas. 2 Same as Meas. 1, but to L with opposite footwork.

Meas. 3-8 Repeat movements of Meas. 1-2 three more times, for a total of four.

FIGURE 2 (Women's version):

Meas. 1 Step Rft in place (ct. 1); step Lft in place (ct. 2); step Rft in place, raising L knee up, Lft not far out forward; slight sway of body to L (ct. 3); step Lft in place (ct. 4); step Rft in place (ct. 5).

Meas. 2 Same as Meas. 1, but with opposite footwork.

Meas. 3-8 Same as Meas. 1-2, three more times.

(Men's version):

Meas. 1 Step Rft R (ct. 1); step Lft behind Rft (ct. 2); Step Rft R (ct. 3); hop on Rft, raising L bent knee up; (ct. 4); strike L heel on floor (ct. 5).

Meas. 2 Step Lft L (ct. 1); step Rft behind Lft (ct. 2); step back on Lft, extending Rft fwd (ct. 3); slide back on Rft, extending Lft forward; (ct. 4); slide back on Lft, extending Rft forward (ct. 5). (These last three steps are actually a three-count scissors step.

Meas. 3-8 Same as Meas. 1-2, three more times.

FIGURE 3 ("Forward and back"):

Meas. 1 Step forward with Rft (ct. 1); step forward with Lft (ct. 2); hop on Lft, kicking Rft back toward Lft from a position in front, in a hook-like leg gesture. (ct. 3); step forward with Rft (ct. 4); step forward with Lft (ct. 5).

Meas. 2 Step in place with Rft (ct. 1); step back with Lft (ct. 2); step back with Rft (ct. 3) (at this point the left foot is also in contact with the ground in front of Rft); hop on Rft, moving back (ct. 4); step back with Lft (ct. 5).

Meas. 3-8 Repeat the above movements three more times, for a total of four.

(cont'd...)

FIGURE 4 (Forward with basic)

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- Meas. 1 Running step forward with Rft (ct. 1); running step forward with Lft (ct. 2); two small running steps, R-L, still moving forward (ct. 3); running step forward with Rft (ct. 4); running step forward with Lft (ct. 5).
- Meas. 2-8 Do seven measures of Basic Step (as in Fig. 1); on ct. 4 of Meas. 8, bring feet together and pause, before proceeding on to Fig. 5.

FIGURE 5 (Twisting steps forward with two heel-touches)

- Meas. 1 Step slightly back on Rft, turning body slightly to R (ct. 1); step on Lft in place, again facing directly forward (ct. 2); step on Rft across in front of Lft, moving forward and turning body slightly L (ct. 3); hop on Rft, turning body slightly to R (ct. 4); step on Lft in front of Rft (ct. 5).
- Meas. 2 Hop on Lft, straightening to again face forward (ct. 1); step on Rft across in front of Lft, turning to face slightly L (ct. 2); hop on Rft, at same time abruptly turn to face slightly R, swinging Lft up and across to R with knee straight (ct. 3); hop on Rft, moving R (ct. 4); step on Lft across in front of Rft (ct. 5).
- Meas. 3 Step R with Rft (ct. 1); step Lft across in front of Rft (ct. 2); leap onto Rft, facing fwd again (Lft actually shares weight here a bit fwd/L of Rft) (ct. 3); step Lft L (ct. 4); step Rft behind Lft (ct. 5).
- Meas. 4 Step Lft L (ct. 1); step Rft behind Lft (ct. 2); step Lft in place, bringing R knee fwd in preparation for kick (ct. 3); hop on Lft, kicking Rft forward from rather high knee (ct. 4); step Rft in place, bring L knee fwd. (ct. 5)
- Meas. 5 Hop on Rft, kicking Lft fwd from high knee (ct. 1); step Lft in place (ct. 2); knee stiff, place R heel on floor out to R and bend a bit R (ct. 3); place R heel near L toe, bending a bit forward; R toe is pointed to L (ct. 4); pause (ct. 5).

FIGURE 6 (Prancing steps):

- Meas. 1 Step R with Rft (ct. 1); step Lft across, continuing R (ct. 2); step Rft (ct. 3); hop on Rft, continuing to R (ct. 4); step Lft across (ct. 5).
- Meas. 2 Continue to R with step on Rft (ct. 1); step Lf cont. R (ct. 2); leap onto Rft, facing fwd (actually Lft shares weight as in Fig. V, Meas. 3); step Lft to L (ct. 4); step Rft behind Lft (ct. 5).
- Meas. 3 Step Lft L (ct. 1); step Rft behind Lft (ct. 2); step L with Lft raising Rft in front in readiness for "prancing" steps to follow (ct. 3); step on Rft in front of Lft in prancing style (ct. 4); step on Lft in place.
- Meas. 4 Step R with Rft (ct. 1); step Lft in front of Rft in prancing style (ct. 2); step Rft in place (ct. 3); step Lft slightly L (ct. 4); step on Rft in front of Lft in prancing style (ct. 5).
- Meas. 5 Step Lft in place (ct. 1); step Rft slightly R (ct. 2); step Lft in front of Rft in prancing style (ct. 3); hop on Lft, raising Rft diagonally out fwd/R (ct. 4); strike R heel diagonally fwd/R. (ct. 5).

SEQUENCE: To fit the recording recommended at the beginning, use the first 8 bars for introduction, then do all the above figures through as written (8 measures total each for Figs. 1 thru 4). Figures 5 & 6 are done twice through each (total 10 measures for each).