

Šopkata
(Macedonia)

Šopkata is a Šop dance from the Delčevo region in East Macedonia. The steps are similar in style and pattern to Bulgarian Šop dances such as Kyustendilska Rūčenica and Graovsko Horo as well as, Kopačka from Macedonia.

Source: Saško Anastasov

Recording: Seminar CD

Formation: Short lines with a belt or "V" – hold

Music: 2/4

Meas

Step I

- 1 Facing slightly R of center, Hop on Lft and raise R knee up and in front (ct 1); Step Rft fwd (ct &); Step Lft fwd (ct 2).
- 2 Repeat action of meas 1.
- 3 Still moving fwd with a slight running step, Step Rft fwd (ct 1); Step Lft fwd (ct &); Step Rft fwd (ct 2).
- 4 Repeat action of meas 3 but, with opposite ftwk (starting with Lft).
- 5-8 Repeat action of meas 1-4.
- 9 Touch Rft fwd and diag to R (ct 1); Close Rft to Lft and take wt onto Rft (ct 2).
- 10 Touch Lft fwd and diag to L (ct 1); Close Lft to Rft and take wt onto Lft (ct 2).
- 11-12 Repeat action of meas 3-4 (running two-step fwd).
- 13-16 Repeat action of meas 9-12.

Step II

- 1-4 Repeat action of meas 1-4 of Step I above.
- 5 Turning to face center, land with weight on both feet slightly apart (ct 1); Lift Lft fwd or, kick it slightly fwd (ct 2).
- 6 Hop on Rft to the L with extended L leg leading movement (ct 1); Step on Lft to L (ct &); Step on Rft behind Lft (ct 2).
- 7 Repeat action of meas 6.
- 8 Land with wt on both feet slightly apart and face slightly L of center (ct 1); Lift Rft fwd (ct 2).
- 9 Step Rft in place (ct 1); Step Lft in place (ct &); Step Rft in place (ct 2).
- 10 Hop on Rft and bring Lft beside R lower calf and turn to face R of center (ct 1); Step Lft slightly fwd (ct 2).

Step III

- 1-4 Repeat action of meas 1-4 of Step I above.
- 5 Still facing R of center, Jump onto both feet together in place, feet slightly apart (ct 1); Hop on Rft in place and bring Lft sharply (cutting movement) up and in front of R lower calf (ct 2).
- 6 Jump onto both feet together in place (ct 1); Hop on Rft and bring Lft sharply up and behind R lower calf (ct 2).
- 7 Jump onto both feet with Rft fwd (scissors) (ct 1); Slide Rft back and Lft fwd (ct 2).
- 8 Fall onto Lft in place and raise Rft slightly up and behind (ct 1); Chug back on Lft and Kick Rft fwd low (ct 2).
- 9-10 Repeat action of meas 3-4 of Step I. This step is similar to Kopačka.