

TROPANKA

TRANSLATION: Tropanka = stampdance
tropwam = rap, tap, knock ; in connection with
the word "horos" it means: dance
"Haide da mu tropwam edno horo" = let's dance

SOURCE: Dobrudža (N.E. Bulgaria)

RECORD: "Folk Dances from Bulgaria"
Balkanton BHA 10441. Side I, Band 7

FORMATION: Couples in circle, facing centre. Hands at
shoulder level; W-position

METER: 2/4

INTRODUCTION: No introduction

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1</u>
1	facing CCW, step on R fwd, swing arms fwd(ct 1), bent R knee arms at sides(ct &), step on L fwd, arms bkwd(ct 2), bent L knee, arms at sides(ct &)	
2	step on R fwd, arms moving fwd(ct 1), step on L(ct &) step on R, arms at sides(ct 2), stamp L next to R, arms bkwd(ct &)	
3	step on L, arms fwd, body turns to L(ct 1), stamp R next to L, arms W-pos.(ct &), stamp on R across in front of L, stretch arms upwards(ct 2), step on L, arms moving down, body facing centre(ct &)	
4	step on R across behind L, arms moving bkwd(ct 1), step on L, arms moving fwd(ct &), stamp R next to L, arms W-pos.(ct 2) hold(ct &)	
5-16	repeat action of meas 1-4 three more times	

Part 2

1	repeat action of meas 1 of Part 1
2	step on R, arms moving fwd(ct 1), step on L(ct &), little jump on both feet, arms at sides(ct 2), repeat ct 2(ct &)
3-4	repeat action of meas 3-4 of Part 1
5-16	repeat action of meas 1-4 three more times

TROPANKA (continued)

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1</u> "with changing places"
1	repeat action of meas 1 of Part 1, arms remain at W-pos. the right partner leads the left partner to the other sides, change hands	
2	repeat action of meas 2 of Part 1, arms remain at W-pos.	
3-4	repeat action of meas 3-4 of Part 1	
5-16	repeat action of meas 1-4 three more times	

Part 2 "with changing places"

1-4	repeat action of meas 1-4 of Part 2, while changing places in the same way as described in Part 1 "with changing places"
5-16	repeat action of meas 1-4 three more times

Part 3

1	facing centre, leap on R, lift bottom half of L leg diagonally L bkwd(ct 1), swing L diagonally R fwd, while touching the floor(ct &), hop on R, swing L diagonally L in front of R with straight knee(ct 2), swing L bkwd while touching the floor(ct &)
2	hop on R(ct 1), swing L fwd(ct &), hop on R, lift L knee in front at waist level(ct 2), stamp L next to R(ct &)
3-4	repeat action of meas 3-4 of Part 1, the arm movement starts from W-pos
5-16	repeat action of meas 1-4 three more times