

Tropanka

(BULGARIA)

Tropanka (TROH-pahn-kah) is from the repertoire of the State Ensemble for Folk Songs and Dances in Tolbukhin, Bulgaria. Marcus Moskoff learned the dance when he was performing with the Ensemble. It is a type of dance involving strong arm movements and sharp strong stamps. This description reflects the dance as persented by Mr. Moskoff at workshops and camps throughout the United States.

RECORD: "Marcus Moskoff Introduces Songs and Dances of Bulgaria"
MM 001 (LP) Side A/3. 2/4 Meter

FORMATION: Lines of dancers, standing close together. "W" pos: hands joined with adjacent dancers, elbows bent and close to own sides, hands at shldr level. Face ctr; wt on L ft.

STYLING: Knees slightly bent, body in a somewhat squat pos with toroso erect. A heavy, earthy feeling is characteristic of Tropanka dances; steps and stamps are taken firmly and with strength. Arm movements are strong and rhythmical.

MUSIC 2/4

PATTERN

Measures

INTRODUCTION None

I. SIDE TO SIDE WITH STAMPS

- 1 Step on R ft sdwd to R (ct 1); step on L ft behind R (ct &); repeat (cts 2,&) (i. e., 4 small steps moving sdwd in LOD (CCW) - R,L,R,L).
- 2 Step on R ft sdwd to R (ct 1); stamp L ft beside R, no wt (ct &); stamp L ft again R, no wt (ct 2); hold (ct &).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5-8 Repeat meas 1-4.

ARM MOVEMENTS (Fig I)

Meas 1: Extend joined hands in an arc upward and fwd (cts 1,&); straightening elbows, continue to swing arms downward to sides of body (ct 2); beg to swing arms fwd, starting to retrace the arc (ct &).

Meas 2: Continue to swing arms upward while bending elbows to reach starting "W" Pos (ct 1); pull elbows down sharply in a pumping motion to coincide with stamping of ft (ct &); pull elbows down again to coincide with 2nd stamping of ft (ct 2). After each pumping motion, return arms briefly to "W" pos.

Meas 3-8: Repeat arm movements of meas 2 six times.

II. TOWARD CENTER AND BACK WITH STAMPS

- 1 Facing diag L of ctr, step fwd on R ft (ct 1); pivoting to face diag R of ctr, take a small hop on R ft (ct &); still facing daig R of ctr, step fwd on L ft (ct 2); pivoting to dace diag L of ctr, take a hop on L ft (ct &).

- 2 Facing RLOD, step on R Ft beside L (ct 1); stamp L fot beside R, no wt (ct &), stamp L ft again beside R, no wt (ct 2); hold (ct &).
- 3 Facing diag L of ctr, step bkwd on L ft (ct 1); pivoting to face diag R of ctr, take a small hop on L ft (ct &); still facing diag R of Ctr, step bkwd on R ft (ct 2); pivoting to face diag L of ctr take a small hop on R ft (ct&).
- 4 Facing RLOD, step on L ft beside R (ct 1); stamp R ft beside L, no wt (ct &); stamp R ft again beside L, no wt (ct 2); hold (ct &).
- 5-8 Repeat meas 1-4.

ARM MOVEMENTS (Fig II)

Meas 1: Extend joined hands in an arc upward and fwd (cts 1,&); straightening elbows, continue to swing arms downward to sides of body ("V" pos) (cts 2,&).

Meas 2: Swing joined hands a little fwd (ct 1); swing joined hands bkwd to "V" pos (ct 2).

Meas 3-8: Repeat arm movements of meas 2 six times.

III. TRAVEL IN LOD AND RLOD

- 1 Facing and moving in LOD, step fwd R, L (ct 1,2).
- 2 Continue in LOD with three faster steps, R,L,R (cts 1,&,2); stamp L ft beside R, no wt, (ct &).
3. Turning to fact ctr, step on L ft to L side (ct 1); stamp R ft beside L, no wt (ct &); turning to face LOD, step on R ft (ct 2); stamp L ft beside R, no wt (ct &).
- 4 Continue facing in LOD and walk bkwd in RLOD with three fast steps L,R,L (cts 1, &,2); stamp R ft beside L, no wt (ct &).
- 5-16 Repeat meas 1-4 three times (4 total).

ARM MOVEMENTS (Fig III)

Meas 1-16: Repeat arm movements of Fig II, meas 2 sixteen times. At end of meas 16, swing joined hands up into "W" pos.

DANCE SEQUENCE: Dance is done 4 times plus Fig I once more.