

Tropanka

This dance comes from Kolarovgrad in the Dobruja region of eastern Bulgaria. The name comes from the word "trop", meaning "stamp". Originally a men's dance performed in lines of up to 10-12 with belt hold. Style is heavy and precise. Leader calls figures which are repeated until new figure is called. Music is 2/4; 8 cts per phrase.

Phrase Figure "Leko"--Lightly

- 1 Walk fwd 2 slow steps RL (c 1-4); run fwd 4 small steps flat-footed (c 5-8).
- 2 Rpt action of phrase 1, except stamp L ft on ct 8.
- 3,4 Rpt action of phrase 1,2, bkwd on opp ftwk.

"Silna Nozhitsa"--Strong Scissors

- 1 Leap to R on R ft, lifting L knee fwd (c 1); stamp L ft in place (c 2); hop on R ft, lifting L knee (c 3); stamp L ft in place (c 4); rpt action of cts 3,4 (c 5,6); run LR in place (c 7,8).
- 2 Step to L on L ft (c 1); hop on L ft, lifting R knee fwd L diag (c 2); step slightly bkwd on R ft (c 3); step in place on L ft (c 4); hop on L ft, lifting R knee fwd (c 5); stamp R ft slightly fwd (c 6); slide R ft bkwd until R knee is straight, L knee bent, R heel off floor (c 7); hold (c 8).

"Razstursi Rame"--Shake Shoulders

- 1 Rpt action of cts 1-4 of phrase 1 of previous figure (c 1-4); leap to L on L ft (c 5); stamp R ft in place (c 6); rpt action of ct 5,6 on opp ftwk (c 7,8).
- 2 Leap to L on L ft, touching R ankle to back of L knee, R knee turned out (c 1); hold (c 2); snap R shoulder fwd, L shoulder bkwd and rebound (c 3,4); step to R on R ft (c 5); lift L leg fwd with knee bent (c 6); step on L ft in place (c 7); stamp R ft in place (c 8).

"Prichukni"--Prepare (to stamp)

- 1 Rpt action of phrase 1 of "Razstursi Rame".
- 2 Leap to L on L ft, lifting R knee L fwd diag with R ft to R side (c 1); hold (c 2); rpt action of cts 1,2 to R on opp ftwk (c 3,4); step to L on L ft (c 5); stamp R ft in place twice (c 6,7); hold (c 8).

Presented by Richard Unciano
Notation by Richard Duree