

TROPANKA

This is a very old dance from the village of Kardan, Tărgoviște district, on the edge of Dobrudža. The arms bounce slightly throughout the dance, coming down on the beat and going up on the off-beat.

RSCORD: Bulgar Dance 001, 3P 380, Ensemble "Trakiya"

METER: 2/4 (1 & 2 &)

FORMATION: Closed circle with hands joined in "W" position

Meas. Cnt.

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|---|---|---|
| 1 | 1 | Step forward and to the R (CCW) on the R foot |
| | 2 | Step forward and to the R on the L foot (in front of R foot) |
| 2 | 1 | With weight on toes of L foot, swing L heel to R and swing backwards on R foot |
| | 2 | Repeat count 1, this meas. with opposite footwork |
| 3 | 1 | Repeat count 1, meas. 2 |
| | 2 | Step to L with L foot |
| 4 | 1 | Execute a very low hop (actually closer to a lift) on L foot, and at the same time stamp R heel by toes of L foot |
| | 2 | Step slightly to R on R foot |
| 5 | | Repeat meas. 4 with opposite footwork and direction |
| 6 | 1 | Repeat count 1, meas. 4 |
| | 2 | Stamp R heel a little to the R |