

VARNENSKA TROPANKA  
(Bulgaria)

One of the many typical "Tropanka" (stamping) dances found in the region of Dobrudža (N.E. Bulgaria). This one was observed by Yves Moreau as done by a group of dancers from the village of Vojvodino in the district of Varna, June 1986.

Pronunciation: VAHR-nen-skah TROH-pahn-kah

Music: Yves Moreau special cassette or any suitable  
"Tropanka" 2/4 meter

Formation: Mixed lines with hands joined in "W" pos (shldr level).  
Face slightly R of ctr, wt on L.

Styling: Somewhat heavy with slight bent knees and erect upper body.

MeasPattern

8 meas Introduction. No action.

BASIC PATTERN

- 1 Step R,L in LOD (cts 1,2). You may lightly scuff free heel fwd on each on the "&" ct - optional.
- 2 Facing ctr, step R to R (ct 1); step L behind R (ct &); step R to R (ct 2); lightly scuff L heel fwd (ct &).
- 3 Step L,R,L fwd twd ctr (cts 1,&,2).
- 4 Step R,L,R bkwd away from ctr (cts 1,&,2).
- 5 Close L to R jumping on both ft with a marked knee flexion, knees face diag L (ct 1); take wt on R, knees face diag R and are bent (ct 2); stamp L next to R (small and sharp), no wt (ct &).
- 6 Step L next to R, knees face diag L (ct 1); stamp R next to L 2 times (sharp and quick), no wt (cts &,2).

HAND MOVEMENTS

- 1 Hands are in "W" pos (shldr level).
- 2 Hands start to go fwd, down and back (straight elbows).
- 3 Hands come up to shldr level, fwd, up and "settle" into "W" pos.
- 4 Repeat meas 2.
- 5 Hands quickly take "W" pos with slight pulling motion.
- 6 Hands remain in "W" pos. There is a marked "pulling" motion on each stamp.

Note: In village dancing, dancers often put in their own ornaments in the steps such as "scuffs" and extra stamps.

Description by Yves Moreau

Presented by Yves Moreau