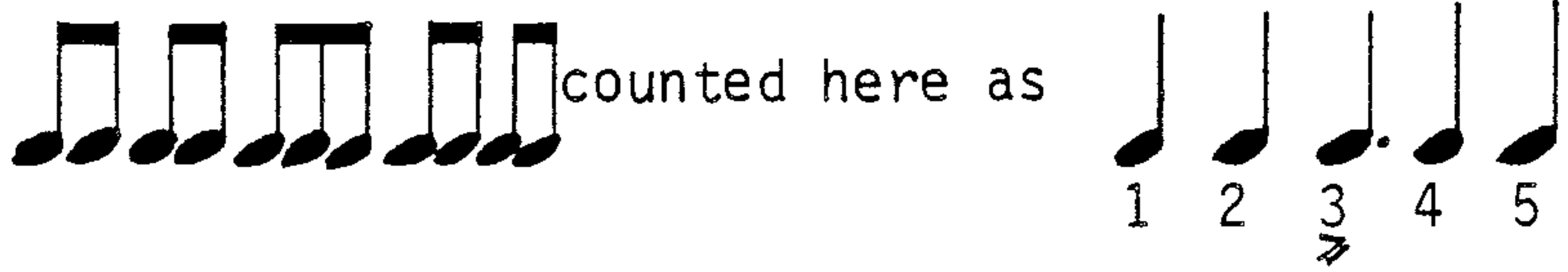
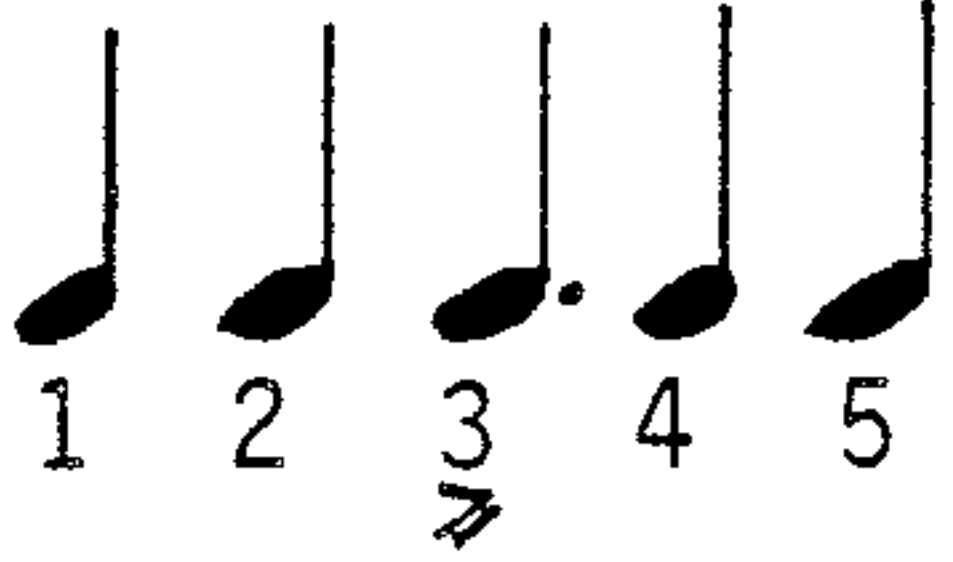


TRANSLATION & ORIGIN : Kopanica from the town of Vetren, Pazardžijski district in Zapad na Trakia (Western Thrace), Bulgaria.  
 The word Kopanica is derived from the verb kopaja (to dig) and Kopaničari (woodcarvers).  
 In dance and music terminology Kopanica means folk dance in 11/8 meter (2-2-3-2-2) and is also the name of its basic step.

MUSIC : Cassette "FOLK DANCES FROM BULGARIA" - JL1990.01.  
 Presented by Jaap Leegwater. Side A, Nr. 6 & 7.

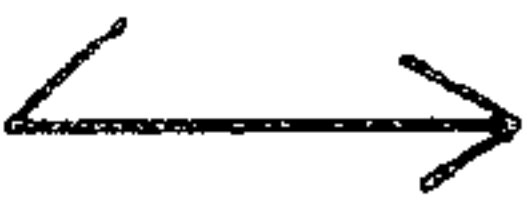
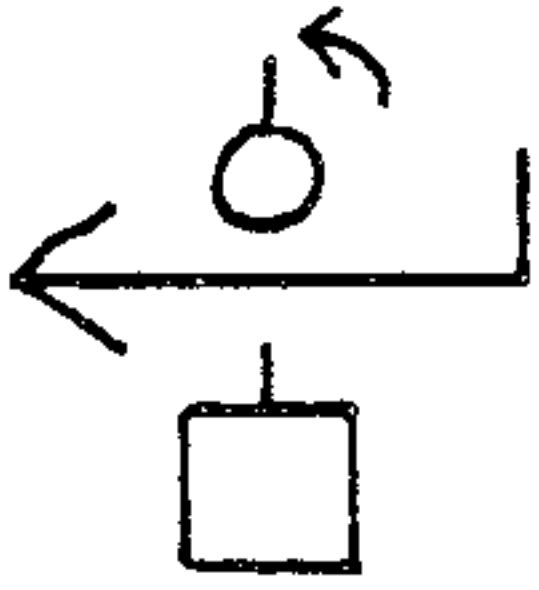
METER : 11/8  counted here as 

SOURCE : Learned by Jaap Leegwater at the State Choreographers School in Sofia, Bulgaria in the folklore classes of Maria Eftimova and Krassimir Petrov during the academical years of 1970-1972.

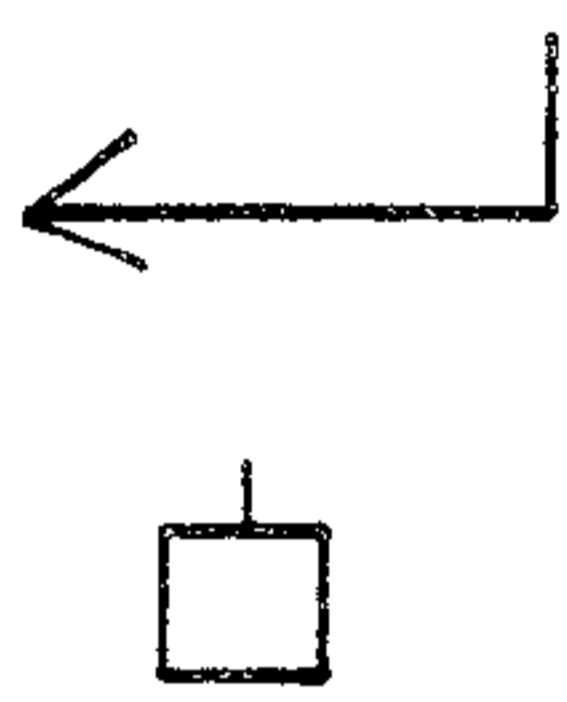
STYLE : Trakijski  
 - slight knee bend position  
 - low hops and leaps

FORMATION : Medium lenght lines.  
 Hands held at belt hold position.

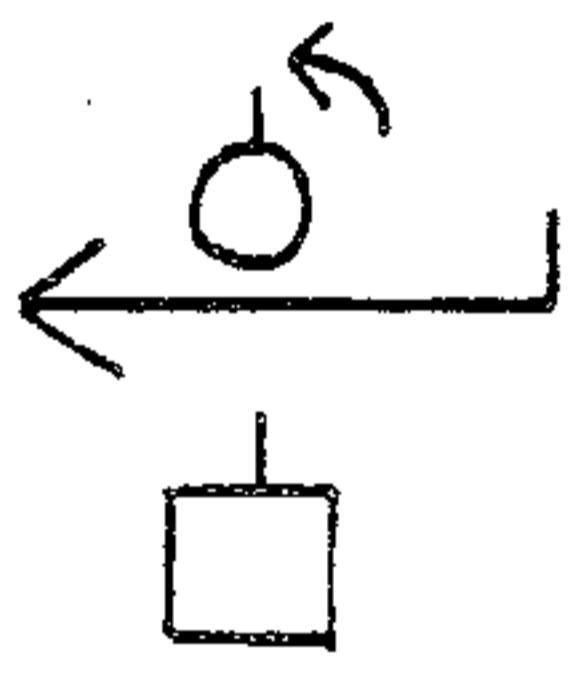
MUSICAL INTRODUCTION :

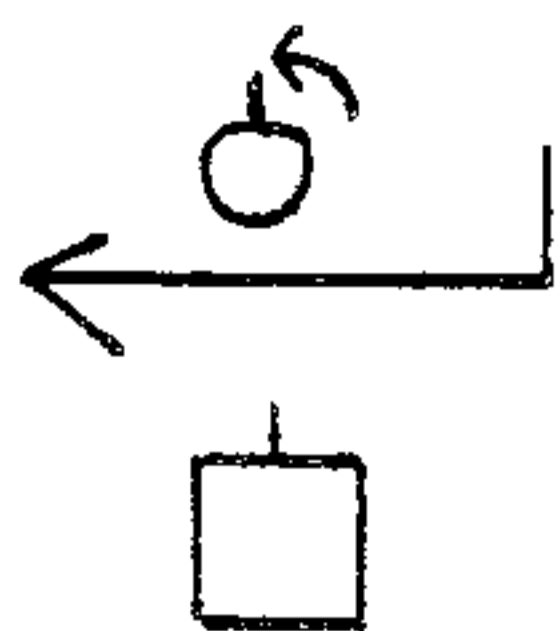
<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	<u>Part 1 HLOPKI ("Clicks")</u>
	1	1	step on R ft	} <u>Kopanica-step</u>
		2	step on L ft	
		3	small lift on L ft followed by a step on R ft	
		4	hop on R ft	
		5	step on L ft	
	2	1	step on R ft	}
		2	step on L ft, slightly bending L knee and lifting R leg in front with a straight R knee	
		3	strike R heel fwd	
		4	step on R ft in place, lifting L leg in front with a straight L knee	
		5	strike L heel fwd	
	3	1	step on L ft	} <u>Globka R</u>
		2	step on R ft behind L ft	
		3	"fall" onto L ft, turning R ft sdwd out	
		4	close R ft with a sharp click against L ft, wt equally on both ft	
		5	"fall" onto L ft, turning R ft sdwd out	

DIRECTION    MEAS    CT    PATTERN                      Part 1 (continued)

	4	1	close R ft with a sharp click agains L ft, wt equally on both ft
		2	"fall" onto L ft, lifting R leg in front
		3	strike R heel in front with a straight R leg
		4	low leap onto R ft, lifting L leg diag L
		5	strike L heel diag L in front with a straight L leg
		5	1 strike L heel in front with a straight L leg
			2 low leap onto L ft in place, lifting R leg in front
			3 strike R heel in front with a straight R leg
			4 low leap onto R ft in place, lifting L leg in front
			5 strike L heel in front with a straight L leg
		6-11	repeat action of meas 3-5 two more times
		12	1 step on L ft
		2 step on R ft behind L ft	
		3 step on L ft, lifting R knee in front	
		4 step on R ft across in front of L ft, lifting L ft off the floor	
		5 step back on L ft in place, lifting R ft off the floor	

Part 2 SKOCI ("Leaps")

	1-2	repeat action of meas 1-2 of Part 1
	3	1 step on L ft
		2 step on R ft behind L ft
		3 leap onto L ft, sharply lifting R knee in front
		4 leap onto R ft
		5 leap onto L ft
	4	1 leap onto R ft
		2 leap onto L ft
		3 } as cts 3-5 of meas 4 of Part 1
		4 }
		5 }
	5	as meas 5 of Part 1
6-11	repeat action of meas 3-5 two more times	
12	as meas 12 of Part 1	

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	<u>Part 3</u>
	1-2	1	repeat action of meas 1-2 of Part 1	
	3	1	step on L ft	
		2	step on R ft	
		3	step on L ft	
		4	hop on L ft, swinging R leg from sdwd R to straight fwd	
		5	strike R heel across in front of L ft, keeping R leg straight	
	4	1	hop on L ft, bending & swinging R leg bkwd	
		2	touch R toe on the floor behind L	
		3	brush R ft fwd next to L ft	
		4	hop on L ft, extending R leg fwd	
		5	strike R heel fwd	
	5	1	low leap onto R ft in place, bending & swinging L leg bkwd	
	2			
	3			
	4	repeat action of meas 4 cts 2-5 with opp ftwk		
	5			
6-11			repeat action of meas 3-5 two more times	
12			as meas 12 of Part 1	

SUGGESTED SEQUENCE RECORDING VETRENSKA KOPANICA - 2

No musical introduction  
 Part 1 2x  
 Part 2 2x  
 Part 3 2x  
 Part 1 1x  
 Part 2 1x  
 Part 3 1x