

TRANSLATION: Kopanica for dancing.
Ganka's dance.

MUSIC: Cassette "FOLK DANCES FROM BULGARIA" - JL1991.01
Presented by Jaap Leegwater Side Nr 7.

ORIGIN: *Gankino Horo* is the *Kopanica* of the Severnjaško region (Northern Bulgaria).

The dance patterns consist of a three measure phrase which is typical for the *Kopanica's* of North Bulgaria. *Gankino*, *Cibarsko* and *Lamba Lamba* belong to this "three measure" group.

SOURCE: Learned by Jaap Leegwater from Ivan Donkov at the First Annual Summer Dance Seminar in Bulgaria, 1981.

STYLE: North Bulgaria
Light and "jumpy"

METER: 11/8



FORMATION: Line or open circle
Hands in belthold position, left arm over.

INTRODUCTION: No introduction.

MEAS PATTERN Introduction "kopanica"

1 facing & moving in LOD, step on R ft (ct 1), step on L ft (ct 2), step on R ft (ct 3), hop on R ft, lifting L knee in front (ct 4), step on L ft (ct 5)

Part 1 "pribiranè" (close)

1 one *kopanica* step
2 turning face to ctr, moving sdw R, step on R ft (ct 1), step on L ft across behind R ft (ct 2), step on R ft (ct 3), step and close without wt, on L ft next to R ft (ct 4), hold (ct 5)
3 repeat action of meas 2 with opp ftwk and directions

Part 2 "na peta" (heel)

1 one *kopanica* step
2 repeat ct 1-3 of meas 2 of Part 1 (ct 1-3), hop on R ft, raising L knee in front (ct 4), stamp L heel, without wt, next to R toes (ct 5)
3 repeat action of meas 2 with opp ftwk and directions

ZAIGRA KOPANICA or GANKINO

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 3 "svivka" (knee lifting)</u>
1	one <i>kopanica</i> step	
2	facing ctr, moving sdwd R, step on R ft (ct 1), step on L ft across behind R (ct 2), step on R ft, lifting R knee in front (ct 3), facing ctr, moving sdwd L, step on L ft (ct 4), step on R ft across behind L (ct 5)	
3	repeat action of meas 3 with opp ftwk	

Note: In the transition between Part 3 and Part 4 meas 3 is omitted

	<u>Part 4 "krâkove" (little circles)</u>
1	facing ctr moving sdwd L, step on L ft (ct 1), step on R ft across behind L (ct 2), step on L ft in place (ct 3), hop on L ft making a bkwd bicycling motion with R leg (ct 4), step on R ft in place (ct 5)
2	hop on R ft making a bkwd bicycling motion with L leg (ct 1), step on L ft in place (ct 2), swing R lower leg in frong of L (ct 3), small leap onto R ft sdwd R (ct 4), step on L ft across in front of R (ct 5)
3	step on R ft sdwd R (ct 1), step on L ft across in front of R (ct 2), turning face ctr, turn L heel in on the ball of the L ft, immediately followed by a step on R ft, drag R bkwd (ct 3), step on L ft sdwd L (ct 4), step on R ft across behind L (ct 5)

Note: In the transition of Part 4 to Part 5 meas 2 and 3 are omitted

	<u>Part 5 "na pred" (foreward)</u>
1	facing ctr, hop on R ft, making a bkwd bicycling motion with L leg (ct 1), step on L ft bkwd (ct 2), place R heel fwd, leg straight (ct 3), <i>cukše</i> (lift) on L ft, lifting R heel off the floor (ct 4), step on R ft fwd (ct 5)
2	<i>cukše</i> on R ft (ct 1), step on L ft fwd (ct 2), swing R leg, knee straight, across in front of L, close along the floor (ct 3), <i>cukše</i> on L ft, making a bkwd bicycling motion with R leg (ct 4), step on R ft across behind L (ct 5)
3	step on L ft in place (ct 1), step on R ft across in front of L (ct 2), step on L ft, making a bkwd bicycling motion with R leg (ct 3), hop on L ft (ct 4), step on R ft bkwd (ct 5)

Closing Step

"last" hop on R ft (ct 1), step on L ft (ct 2), step on R ft (ct 3), leap on L ft, lifting R knee in front (ct 4), stamp R heel, without wt, next to L toes (ct 5)