

Bistriška Kopanica

(Bulgaria)

This dance was observed at a folk festival in Simeonovo, Bulgaria in the summer of 1966. It was first taught by Yves Moreau at the San Francisco Kolo Festival in November 1968 under the name of Bistrica Kopanica (grammatical error). Kopanica is a popular type of dance in the Šop region of West Bulgaria and these variations are from the village of Bistrica.

- Pronunciation: BEESS-treesh-kah KOH-pah-nee-tsah
- Music: Yves Moreau cassette YM-UOP-97, Side A/4
- Rhythm: 11/16 counted here as 1-2, 1-2, 1-2-3, 1-2, 1-2 or 1, 2, 3, 4, 5 or Q, Q, S, Q, Q.
- Formation: Short lines with belt hold, L over R or hands joined down at sides (V-pos). Wt on L ft. Face ctr throughout dance.
- Style: Small light steps.

Meas

Pattern

1-6 INTRODUCTION. No action.

I. IZLIZANE (STARTING STEP)

- 1 Facing ctr, step on R to R (ct 1); step on L closing to R (ct 2); step on R to R (ct 3); stamp lightly twice with L next to R, no wt (cts 4,5)
- 2 Repeat pattern of meas 1 with opp dir and ftwk.

II. BISTRISKA (BASIC STEP)

- 1 Two small running steps fwd R, L (cts 1,2); small hop on L, at same time flick R leg up in front of L knee, bending upper body fwd slightly (ct 3); two small running steps fwd, R, L (cts 4,5).
- 2 Small hop on L in place, at same time touch floor briskly with ball of R ft in front of L ft (ct 1); small hop on L, R ft begins to move to R and bkwd (ct 2); step onto R behind L (ct 3); hop on R, L ft begins to move to L and bkwd (ct 4); step on L behind R (ct 5).

III. RIPNI RAZ (SINGLE BRUSH STEP)

- 1 Two small running steps in place, R-L (cts 1,2); sharp brush step with R (ball of ft), upper body bends fwd slightly (ct 3); two small running steps fwd R, L (cts 4,5).
- 2-3 Repeat pattern of Fig II, meas. 1-2 (basic step).

IV. RIPNI DVA (DOUBLE BRUSH STEP)

- 1 Two small running steps in place R, L (cts 1,2); sharp brush step with R (ball of ft), upper body bends fwd slightly (ct 3); small hop onto L (ct 4); brush again with R ft (ct 5).
- 2-3 Repeat pattern of Fig. II, meas. 1-2 (basic step).

Bistriska Kopanica—continued

V. PLETI (BRAIDING OR CROSSING STEPS)

- 1 Move twd ctr with two small running steps R, L (ct 1,2); touch R heel diag R at 30° angle bending upper body fwd (ct 3); touch R heel again at 60° angle, upper body bent (ct 4); small step fwd onto R ft, straightening upper body (ct 5).
- 2 Still moving twd ctr, repeat pattern of meas 1 with opp ftwk.
- 3 Small sharp leap on R to R, drawing L leg next to R (ct1); step slightly L on L (ct2); small sharp stamp with R next to L, no wt (ct 3); step on R in place (ct 4); small sharp stamp with L next to R, no wt (ct 5).
- 4 Moving straight bkwd, take five small running steps L, R, L, R, L on the rhythm.
- 5-6 Repeat pattern of Fig. II, meas. 1-2 (basic step).

VI. HLOPKA (CHUGS AND SLAPS)

- 1 With wt on both ft and ft together, 3 small sharp chugs moving bkwd-fwd-bkwd (cts 1,2,3); small hop onto L simultaneously extending R leg up and diag R (ct4); slap R leg diag R, no wt (ct 5).
- 2 Sharp leap onto R ft next to L, simultaneously extending L leg diag L (ct 1); touch L heel diag fwd L at 30° angle (ct 2); touch L heel again at 60° angle (ct 3); sharp leap onto L next to R, simultaneously extending R leg up and diag fwd (ct 4); slap R leg diag R, no wt (ct 5).

Note: There is no set number of times for each figure. Leader calls changes at will.

Repeat dance from beginning.

Presented by Yves Moreau