

Čapraz

(Thrace, Bulgaria)

Čapraz means "a buckle" worn by women and made mainly by wrought iron. People's faces, animals, ornaments, and whole pictures have been portrayed on their surfaces. Often, some of their parts have been gold-plated, coated with silver or ivory. The sounds, produced during that work, are close to those ones of strongly stamping shoes. The numerous fast tapping steps of Čapraz really give the impression of "metal" sound. The dance is performed primarily in the region of the city of Nova Zagora (Thrace) and is often called Novozagorsko Horo or Novozagorski Čapraz, but it is very popular throughout whole Eastern Thrace as well. It is a typical men's dance, usually initiated by the best dancer at the moment when the regular Pravo Horo becomes faster. After him, a couple of good performers leave the mixed line and form a short one in front of the others. The leader yells out the figures and his line starts them, while the rest do the basic simple pattern of Pravo Horo. Presented here are some easy, not very fast sequences of Čapraz in their men's version. The dance could be rendered on any occasion. The source for this dance is the Group for Authentic Dances, performed at Koprivštica 1986.

Pronunciation: chahp-RAHZ.

Cassette: Folk Dances from Bulgaria - NK 1994.02 / B18. 2/4 meter
Any other Čapraz tune with similar tempo and musical structure can be used too.

Formation: Short line, hands in belt-hold pos, L over R.

Styling: Thracian styling includes: soft, bouncy steps in the slow part; jerky, strong stamps and bounces in the quick part. Knees are bent, weight on the whole ft.

Steps: TROPOLI (troh-poh-LIH)

- 1 Facing ctr, step on sdwd on R to R, bouncing deeper (ct 1); step on L without wt in open parallel pos, keeping R ft on the floor (ct &); tap R heel, lifting L knee slightly (ct 2).
- 2 Repeat meas 1 to L (with opp ftwk and direction).
Tropoli can be done bkwd as only the first step of each meas is bkwd.

HLOPKA (HLOHP-kah)

- 1 Facing ctr, bend L knee, swinging R heel sdwd and out (ct &); close R ft with a sharp click against L ft, tapping both heels (ct 1); pause (ct 2).
Hlopka can be done with L ft too (opp ftwk).

PRAŠKA (PRASH-kah)

- 1 Facing ctr, fall fwd onto R, keeping L leg straightened bkwd low (ct 1); tap R heel, swinging L leg fwd low (ct 2).
- 2 1 Tap R heel, lifting L knee (ct 1); step on L a bit bkwd (ct 2).

Čapraz —continued

MeasPatternINTRODUCTION No action.FIGURE I: KROTNI (KROHT-nih) - EASY

- 1 Moving in LOD, step fwd on R (ct 1); step fwd on L (ct 2).
- 2 Step fwd on R (cts 1,2).
- 3 Step fwd on L (cts 1,2).
- 4 Facing RLOD, step bkwd on R (ct 1); step bkwd on L (ct 2).
- 5 Step bkwd on R (cts 1,2).
- 6 Step bkwd on L (cts 1,2).
- 7-8 Facing LOD, repeat meas 1-2.
- 9 Touch the ball of L sdwd L in parallel position, without bouncing, keeping weight on R (ct 1); keeping parallel pos, the ball of L ft on the floor, and weight on R, jerky turn both knees to the R, bending them, tapping R heel (do not turn upper part of the body) (ct 2).
- 10 Facing RLOD, tap R heel, lifting slightly L knee (ct 1); step bkwd on L (ct 2).
- 11 Step bkwd on R (cts 1,2).
- 12 Step bkwd on L (cts 1,2).
- 13 Facing LOD, bend L knee, lifting R knee (ct &); emphasized step fwd on R, straightening R knee (ct 1); step on L ft next to R heel, bending L knee (ct 2).
- 14 Emphasized step on R in front of the L, keeping wt on L and both knees bent (ct &); emphasized step on R in front of the L, keeping wt on L, straightening both knees (ct 1); tap R heel, bending R knee, lifting L knee (ct 2).
- 15-18 Repeat meas 9-12.

FIGURE II: HLOPKA, PRAŠKA (HLOHP-kah PRASH-kah) CLICK, SLING

- 1 Facing ctr, low leap fwd on R (ct 1); low leap fwd on L (ct 2).
- 2 Hlopka.
- 3-4 Praska.
- 5-8 Tropoli bkwd four times.

FIGURE III: HLOPKA, PRAŠKI DVE (HLOHP-kah PRASH-kih DVEH) CLICK, SLINGS TWO

- 1 Facing ctr, small leap fwd onto R (ct 1); small leap fwd onto L (ct 2).
- 2 Hlopka.
- 3 Fall fwd onto R, keeping L leg straightened bkwd low (ct 1); tap R heel, swinging L leg fwd low (ct 2).
- 4 Tropoli bkwd starting with L.
- 5-6 Praska.
- 7-8 Tropoli.

Čapraz —continued

**FIGURE IV: HLOPKI TRI, PRAŠKI DVE (HLOHP-kih TRIH PRASH-kih DVEH) -
CLICKS THREE, SLINGS TWO**

- 1-2 Facing ctr, Tropoli.
 3 Small leap fwd onto R (ct 1); small leap fwd onto L (ct 2).
 4 Hlopka.
 5 Hlopka with L ft.
 6 Hlopka.
 7-8 Praška.
 9-10 Praška.
 11-12 Tropoli.
 13 Small leap fwd onto R, bending R knee, slightly lifting L knee (ct 1); small leap fwd onto L, bending L knee, slightly lifting R knee (ct 2).
 14 Small leap fwd onto R, bending R knee, slightly lifting L knee (ct 1); jerky step bkwd on L, bending L knee, keeping the ball of R on the floor without wt, turning the whole body to the L (ct 2).
 15 Facing LOD, jerky step on R sdwd R, bouncing deeper (ct 1); step on the ball of L next to R, keeping R ft on the floor (cts 2).
 16 Tap R heel, slightly lifting L knee (cts 1-2).
 17 Facing RLOD, repeat Fig IV, meas 16 opp ftwk and direction.

SUGGESTED SEQUENCE:

- Fig I once. Fig II two times.
 Fig I once. Fig III two times.
 Fig I (meas 1-12 once, meas 7-12 once, meas 13-18 once).
 Fig IV once.
 Fig I (meas 1-12 once, meas 19-20 once), Fig IV, meas 16-17.
 Fig II two times.
 Fig I once. Fig III two times. Fig IV once.

Presented by Nina Kavardjikova
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