

Glaviniška Kopanica

(Glavinica, Western Thrace, Bulgaria)

This *Kopanica* belongs to a group of well known *Kopanici* from western Bulgaria. Others in this family include: *Lamba Lamba*, *Plovdiska Kopanica*, *Ludo Kopano*, *Bistrička Kopanica*, et.al. Kotansky based the steps below on several versions of this dance learned over the past 35 years from Stefan Vaglarov, Georgi Kinski, Belčo Stanev, and others.

Pronunciation: glah-vee-NEESH-kah ko-pah-NEE-tsa

Music: 11/16 meter *Balkan I 2010 Steve's Dances CD, Band 10*
counted 1,2,3,4,5 or any good *Kopanica*

Formation: Short lines "na lesa" with a belt hold or "V" hold.

Meas 11/16 meter

Pattern

INTRODUCTION. None.

I. BASIC TRAVELING STEP

1 Facing R of ctr and moving in LOD, step R fwd (ct 1); step L fwd (ct 2); step R fwd (ct 3); hop or bounce on R and bring L through (ct 4); step L fwd (ct 5).

2-8 Repeat meas 1 seven times (eight times total).

II. BASIC GANKINO WITH SOVALKA

1 Repeat meas 1 of Basic Traveling Step.

2 Continuing fwd, step R fwd (ct 1); step L fwd (ct 2); turning to face ctr, step R back and twizzle L heel (toe still touching ground) to R (*sovalka*) (ct 3); step L to L (slight leap) (ct 4); step R to L behind L (ct 5);

3 Step L to L (ct 1); step R to L behind L (ct 2); step L to L (ct 3); step R next to L and bounce twice on both ft (cts 4-5).

4-12 Repeat meas 1-3.

13 Facing ctr, step R to R (ct 1); step L to R crossing behind R (ct 2); step R to R (ct 3); close L to R (ct 4); hold or bounce (ct 5).

14 Reverse meas 13 to L.

15-16 Repeat meas 13-14. Note: This is actually a side-to-side step.

III. SIDE-TO-SIDE WITH ČUKNI. SEČI

1 Step R to R (ct 1); step L to R crossing behind R (ct 2); step R to R (ct 3); hop on R in place and raise L knee up and in front (ct 4); strike L heel beside R and slightly fwd (ct 5).

2 Step L to L (ct 1); step R to L behind L (ct 2); step L to L and extend R fwd touching ground (ct 3); draw R back and extend L fwd (ct 4); draw L back and extend R fwd (ct 5). Note: These are "scissor" steps.

3-4 Repeat meas 1-2.

IV. FORWARD WITH HOOK AND STAMPS

1 Facing ctr, step R fwd (scissor)(ct 1); step L fwd (scissor)(ct 2); lift on L and hook R in front of L shin (ct 3); step R fwd (ct 4); step L fwd or slight stamp with wt (ct 5).

2 Step R across in front of L, or touch full R in front of L (ct 1); step L crossing back in place (ct 2); step R behind L and bounce L fwd slightly against the ground (ct 3); lift on R in place (ct 4); step L behind R (ct 5).

3 Lift on L in place (ct 1); step R in place (ct 2); stamp L beside R without wt (ct 3); leap slightly onto L in place (ct 4); stamp R beside L without wt (ct 5).

4-6 Repeat meas 1-3 twice (3 total).

V. FORWARD WITH HOOK AND SLAP

1-2 Repeat meas 1-2 of “Forward with Hook and Stamps.”

3 Hop on L and bring R around and in back (ct 1); step R directly behind L so that R toe is L of L (ct 2); in this crossed ft pos, chug back on both feet (ct 3); hop on L in place and bring extended R leg fwd (ct 4); slap R fwd with knee extended and without wt (ct 5).

4-12 Repeat meas 1-3 of “Forward with Hook and Slap” 3 times (4 total).

10 Hop again on L in place leaving R extended fwd (ct 1); slap R fwd again (ct 2); jump onto both feet (R fwd) with accent (ct 3); hop on R in place (ct 4); step L in front of R (ct 5).

11-12 Repeat meas 1-2 of “Side-to-Side.”

16-17 Repeat Fig III, meas 1-2.

VI. PRANCING/STAMP AND SLAP

1 Continuing the scissor step above, draw R back and extend L fwd and low (ct 1); draw L back and lift R up (ct 2); jump onto both feet with R in front of L but with ft close together (ct 3); leap on R to R (ct 4); step L behind R to R (ct 5).

2 Step R to R (ct 1); step L behind R (ct 2); draw R back (scissor) and extend L fwd (ct 3); draw L back and extend R fwd (ct 4); draw R back and extend L fwd (ct 5).

3 Step L to L and raise R knee up and in front sharply (ct 1); step on ball of R in front of L (ct 2); step L to L and raise R knee up and in front sharply (ct 3); step ball of R in front of L (ct 4); step L to L (ct 5).

Note: This “prancing” step has a down-up-down-up-down motion.

4-6 Repeat meas 1-3.

7 Repeat meas 1.

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- 8 Step R to R (ct 1); step L behind R (ct 2); strike R heel in front of L (ct 3); step R beside L (ct 4); strike L beside R (ct 5).
- 9 Step L beside R (in place) (ct 1); strike R heel fwd (ct 2); tap ball of R back near L (ct 3); čukče on L (raise and lower L heel) and bring R fwd (ct 4); brush R bkwd (ct 5).
- 10-12 Repeat meas 7-9.
- VII. STAMP AND DRAG
- 1 Repeat meas 1 of “Forward with Hook.”
- 2 Step R across and in front of L (ct 1); step L back to place (ct 2) strike R heel slightly in front (ct 3); leap onto R in place (ct 4); strike L slightly fwd (ct 5).
- 3 Step L in place (ct 1); strike R heel slightly fwd (ct 2); drag R, leg extended diag back to R (ct 3); hop on L (ct 4); stamp R fwd without wt (ct 5).
- 4-6 Repeat meas 1-3.
- VIII. DRAG R AND L
- 1 Turning to face diag L of ctr, bounce on L and drag R, leg extended, back diag to R (ct 1); bounce on L again and drag R across and diag in front of L (ct 2); repeat action of ct 1 (ct 3); hop on L and raise R knee up in front (ct 4); slap R fwd with leg extended (ct 5)
- 2 Turning to face ctr, leap onto R in place (ct 1); stamp L beside R without wt (ct 2); drag L diag back to L (ct 3); hop on R in place (ct 4); slap L fwd (ct 5).
- 3-4 Reverse meas 1-2.
- 5-6 Repeat meas 1-4.

Sequence: Steve taught Figs I-V as a complete dance and added Figs VI-VIII at a workshop as additional figures.

Fig I; Fig II; Fig III; Fig IV; Fig V; Fig VI; Fig VII; Fig VIII

Presented by Stephen Kotansky