

KAMENOPOLSKO - North Bulgaria
(Line dance, no ptrs)






Translation: From region of Kamenopole (literally, rocky field) in the district of Pleven.















Music: Record: Folkraft LP-26, Side B, band 1 (2:03) orchestra.
2/4 meter





Starting Position: Belt hold. R ft free.







Measures Pattern


VARIATION I - Chorus step
 1-3 Three PLEVEN TWO-STEPS (R, L, R) directly fwd.
 4 [ Hop on R ft, extending L ft out sharply and slightly in front of R (ct 1).
 [ One SKIPPING REEL STEP (R) (cts ah-2).
 5 [ One SKIPPING REEL STEP (L) (cts ah-1).
 [ Leap on L ft in place, raising R knee slightly (ct 2).
 [ Tap R heel slightly fwd (ct &). (Note: This heel-tap is a variation, sometimes omitted.)

VARIATION II - Ones ("Edin")
 1 [ Facing ctr, cross and step on R ft directly in front of L (ct 1).
 [ Step back on L ft in place (ct &).
 [ Close and step on R ft beside L (ct 2).
 2 [ Cross and step on L ft directly in front of R (ct &).
 [ Step back on R ft in place (ct 1).
 [ Close and step on L ft beside R (ct &).
 [ Cross and step on R ft directly in front of L (ct 2).
 3 [ Step back on L ft in place (ct &).
 [ Close and step on R ft beside L (ct 1).
 4 [ Hop on R ft, kicking L ft fwd (ct 2).
 5 [ Two SCISSORS STEPS (L, R) in place (cts 1-2).
 [ Turning to face slightly L, a slight leap on L ft in place (ct 1).
 [ Hop on L ft, bending R knee to raise R ft up in back (ct 2).
 [ Tap R heel slightly fwd (ct &). (Note: This heel-tap is a variation, sometimes omitted.)

VARIATION III - Twos ("Dvojka")
 1 [ Facing ctr, rock slightly fwd on R ft (ct 1).
 [ Rock back on L ft in place (ct &).
 [ Rock slightly back on R ft (ct 2).
 [ Rock fwd on L ft in place (ct &).
 2-6 As II above, meas 1-5.

VARIATION IV - Double twos
 1 As III above.
 2 [ Cross and step on R ft directly in front of L (ct 1).
 [ Step back on L ft in place (ct &).
 [ Close and step on R ft beside L (ct 2).
 [ Rock slightly fwd on L ft (ct &).

KAMENOPOLSKO (Cont)

- 3  Rock back on R ft in place (ct 1).
Rock slightly back on L ft (ct &).
Rock fwd on R ft in place (ct 2).
4-7 Cross and step on L ft directly in front of R (ct &).
As II above, meas 2-5.

VARIATION V - Threes ("Trojka")









- 1 As III above.
2-7 As III above, meas 1-6.

VARIATION VI - Threes plus twos

- 1 As III above.
2-8 As IV above, meas 1-7.

NOTE: "Double threes" are also danced frequently.













VARIATION VII - To the Right

- 1  Facing slightly and moving R, 2 skips (R, L) fwd.
2  TWO-STEP (R) fwd, stamping R ft on ct 2.
3  Hop on R ft swinging L leg in a small arc CCW and turning to face slightly L (ct 1).
 Step quickly on L ft in back of R, L knee straight (ct &).
4  Stamp on R ft in place, toes pointing twd ctr (ct 2).
 Hop on R ft in place, swinging L leg in a small CW arc and turning to face ctr (ct 1).
 Rock fwd quickly on L ft directly in front of R, L knee straight (ct &).
5-8  Stamp back on R ft in place (ct 2).
REPEAT pattern of meas 1-4 reversing direction and footwork.

VARIATION VIII - Skipping Reel Steps

- 3-4 As VII above, except:
Turning to face ctr, 4 SKIPPING REEL STEPS (L, R, L, R) bkwd.

VARIATION IX - Grapevine

- 1  Facing ctr step sdwd R on ball of R ft (ct 1).
 Cross and step on L ft in front of R (ct &).
 Step sdwd R on ball of R ft (ct 2).
 Cross and step on L ft in back of R (ct &).
2  REPEAT pattern of meas 1.
3  Leap sdwd R on R ft (ct 1).
 Stamp L heel diag fwd without taking wt (ct &).
 Stamp L heel straight fwd without taking wt (ct 2).
4  Leap on L ft in place (ct 1).
 Stamp R heel in place without taking wt (ct &).
 Leap on R ft in place (ct 2).
 Stamp L heel in place without taking wt (ct &).
5-8 REPEAT pattern of meas 1-4 reversing direction and footwork.

VARIATION X (Men only)

- 3-4 As IX above, except:
Turning to face slightly R, 2 SQUAT-KICKS (R, L).

NOTE: Variation I (Chorus step) usually alternates with a combination of one or two other variations.

Presented by Dennis Boxell