

KAPANSKO HORO
(Bulgaria)

A dance from the Kapanci population in North-Eastern Bulgaria. The Kapanci are descendents from the early Bulgarian settlers also known as the Proto-Bulgars. They first came to the stream area of the Volga River in the 5th century under the leadership of Han Asparuch.

The word Kapanci comes from kapka, Bulgarian for drop or dot, which refers to the dot-like embroidery patterns in their folk costumes.

The Kapanci mainly live in the area between the towns of Razgrad, Šumen and Târgovište. They have their own distinct folklore such as dances, songs and rituals. The dance style is a combination of the jumpy and fast movements typical for North Bulgarian (Severnjaški) and the self-assured Dobrudžanski "earthiness."

Jaap Leegwater learned Kapansko Horo in Russe, Bulgaria from Ivan Donev, choreographer and specialist in the Kapanci dancestyle.

Pronunciation: kah-PAHN-skoh hoh-ROH

Music: LP/Cassette "Folk Dances from Bulgaria" vol. 4
JL 1988.02 Side B/5 2/4 meter

Formation: Medium-length lines. Belt hold pos for the hands.

MeasPattern

24 meas INTRODUCTION.

INTRODUCTION

- 1 Facing ctr, moving sdwd R, step on R ft (ct 1); hop on R ft, swinging L knee up (ct 2).
- 2 Step on L ft in front of R ft (ct 1); hop on L ft, lifting R ft off the floor (ct 2).
- 3 Step on R ft (ct 1); step on L ft behind R (ct 2).
- 4 Repeat meas 3.
- 5-44 Repeat meas 1-4 ten more times.

Part 1

- 1 Facing and moving twd ctr, step on R ft (ct 1); hop on R ft, lifting L knee in front (ct 2).
- 2 Step on L ft (ct 1); hop on L ft, lifting R knee in front (ct 2).
- 3 Low leap onto R ft in place (ct 1); step on ball of L ft across behind R ft (ct &); "fall" back onto R ft in place (ct 2).
- 4 Step on L ft, extending R leg diag R fwd low (ct 1); strike R heel diag R in front (ct 2).
- 5 Facing ctr, moving slightly bkwd, low leap onto R ft next to L ft, at the same time swinging L leg sdwd low (ct 1); low hop on R ft, swinging L leg across in front low (ct 2).
- 6 Low hop on R ft, swinging L leg sdwd low (ct 1); low hop on R ft, swinging L ft up across behind R leg (ct 2).

KAPANSKO HORO (cont'd)

- 7 Low jump on both ft slightly apart (ct 1); low jump on both ft together (ct 2).
 8 Dancing in place, low jump on both ft together (ct 1); leap onto L ft, swinging R heel behind (ct 2);
 9-16 Repeat meas 1-8.

Part 2

- 1-2 Repeat meas 3-4 of Part 1.
 3 Place R heel straight fwd (ct 1); hold (ct 2).
 4 Hop on L ft, turning R knee high out, at the same time bring R ft in an arc bkwd (ct 1); stamp with the ball of R ft, without wt, behind L heel (ct 2).
 5 Hop on L ft, swing R leg in sdwd arc fwd (ct 1); strike R heel diag R fwd (ct 2).
 6 Low hop on L ft, swinging R leg up fwd low (ct 1); small step on R ft in front of L ft (ct &); step on L ft in place (ct 2).
 7 Step on R ft in place, swinging L heel behind (ct 1); hop on R ft, kicking L leg in front (ct 2).
 8 Step on L ft in place, lifting R heel behind (ct 1); hop on L ft, kicking R leg in front (ct 2).
 9-16 Repeat meas 1-8.

Part 3

- 1 Facing ctr, ft slightly apart and knees bent, balance R (ct 1); balance L (ct 2).
 2 Balance R (ct 1); leap onto L ft sdwd L, lifting R knee slightly turned out in front (ct 2).
 3 Facing ctr, moving sdwd L, ft slightly turned out, step on R ft in front of L (ct 1); leap onto L ft, lifting R knee in front (ct 2).
 4 Repeat meas 3.
 5 Turning body to face diag L, step on R ft sdwd (ct 1); hop on R ft (ct 2).
 6 Step back on L ft (ct 1); hop on L ft (ct 2).
 7 Facing ctr, moving slightly bkwd, step on R ft (ct 1); step on L ft (ct 2).
 8 Dancing in place, step on R ft (ct 1); hop on R ft (ct 2).
 9-16 Repeat meas 1-8.

Repeat Part 1 - 3.

Notes by Jaap Leegwater

Presented by Jaap Leegwater