

KARDAMSKI OPAS
(Bulgaria)

Opas is a very popular dance-type throughout Dobrudža. It usually includes at first some relatively simple "Pravo" patterns and then develops into a more complex sequence of figures with twists and stamps usually called by a leader. Traditionally it is a man's dance but in recent years, women in Bulgaria have been seen joining the lines of men. The following variations are from around Kardam (a border town) in the Tolboukhine district. Several of these same patterns were first introduced by Yves Moreau in 1970 using the more orchestrated Balkanton BHA-734 version. Music used here is typical of a village orchestra composed of small "kopanka"-gadulka, gajda and accordion.

Pronunciation: kar-DAHM-ski OH-pahss

Music: Yves Moreau special cassette 2/4 meter

Formation: Lines with belt hold, L over R, or front basket hold.
Wt on L, Face ctr.

Styling: Heavy and proud (knees bent, shldrs thrown back).

Meas

Pattern

No introduction. Start with music.

I. SLOW TRAVEL STEP

- 1 Step on R to R (ct 1); pause (ct 2).
- 2 Step on L in front of R (ct 1); pause (ct 2).
- 3 Step on R to R, upper body starts turning to L (ct 1);
large step on L twd back, R ft still touching floor (ct 2).
- 4 Step on R in place (ct 1); still on R, L leg starts
coming around from behing to front in a circular fashion
(ct 2).
- 5 Sharply bring L next to R with sharp "chug" in place
(ct 1); pause (ct 2).
- 6-40 Repeat above figure 7 more times for a total of 8 times.

II. ONE JUMP IN PLACE

- 1 Small step fwd on R (ct 1); small step fwd on L (ct 2).
- 2 Bring R ft around to R and fwd in sharp circular motion
close to floor (ct 1); sharply bring R ft back with
large step onto R (ct 2).
- 3 Step on L in place (ct 1); small sharp stamp on R, no
wt (ct 2).
- 4 Step on R in place (ct 1); small sharp stamp on L, no
wt (ct 2).
- 5 Sharp leap onto L, twisting R knee up and to L (ct 1);
sharp leap onto R, twisting L knee up and to R (ct 2).
- 6 Sharp jump, ft apart, onto both ft, R ft in place and
L extended in back to L, upper body faces ctr (ct 1);
pause (ct 2).
- 7-8 Repeat meas 3-4 with opp ftwk.
- 9-16 Repeat meas 1-8.

KARDAMSKI OPAS (Cont'd)III. TWO JUMPS IN PLACE

- 1-6 Repeat Fig II, meas 1-6.
 7 Repeat Fig II, meas 6.
 8-9 Repeat Fig II, meas 7-8
 10-18 Repeat meas 1-9.

IV. TWISTS WITH RIGHT KNEE

- 1 Facing ctr, wt on L, hop on L simultaneously raising R knee and twisting it across to L (ct 1); hop again on L, twisting knee out to R (ct 2).
 2 Hop again on L, twisting raised knee to L again (ct 1); leap onto R in place raising L knee (ct 2).
 3 Leap onto L in place raising R knee (ct 1); small hop on L at same time sending R leg out to back diag R (ct 2).
 4 Step onto R ft which is behind and to R (ct 1); sharp stamp with L next to R, no wt (ct 2).
 5 Large step fwd on L (ct 1); send R leg out to R and fwd (ct 2).
 6 R leg continues to move sharply back in circular fashion ending with a step on R with sharp leaning back action (ct 1); sharp leap onto L bringing raised R knee across to L (ct 2).
 7-8 Repeat Fig II, meas 3-4.
 9-16 Repeat meas 1-8.

V. TRAVEL STEP WITH CHUG AND STAMPS

- 1 Step on R to R (ct 1); step on L across R (ct 2).
 2 Step on R ft in place, raising L knee up sharply (ct 1); light step on ball of L in place (ct &); fall again with wt on R with same "pumping" motion (ct 2).
 3-4 Large step fwd on L (ct 1); R leg moving out to R and fwd in circular motion close to floor (ct 2). Close R to L sharply with "chug" action (ct 1); pause (ct 2).
 5 Step fwd on L (ct 1); sharp stamp with R turned out a bit, no wt (ct 2).
 6 Step back on R (ct 1); step back on L (ct 2).
 7 "Fall" onto R ft sharply raising L knee (ct 1); sharp touch with ball of L ft (ct &); repeat same action for cts 2,&.
 8 Sharp leap onto L in place (ct 1); stamp with R next to L, no wt (ct 2).
 9-16 Repeat meas 1-8.

Repeat dance from beginning one more time through with above suggested sequence.

Presented by Yves Moreau