

PLOVDIVSKA KOPANICA  
(Bulgaria)

This is another of the exhibition-type "kopanici" for which the so-called "šopi" people of western Bulgaria are famous. American folk dancers have already been exposed to other members of this productive dance family: Bistrica kopanica, Ludo kopano, Šopska kopanice, etc. Plovdivska kopanica (plohv-DEEV-ska KOH-pah-nee-tsa) is based on figures found around the town of Plovdiv, particularly the village of Glaviniš. It is sometimes called "Glaviniška kopanica" or "Krivo horo". Dick Crum learned it from Ilija Rizov, lead dancer with the Kutev Bulgarian State Ensemble, in 1968.

Record: Any "Kopanica" recording may be used, and some labelled "Gankino", if speeded up a little. Recommended records:  
XOPO X 328-A. "Kopanica"  
XOPO X LP 4-B, Band 2 - "Krivo horo"  
Folkraft LP 26-B, Band 6 - "Kopanitsa"  
XOPO X LP 2-2, Band 3 - "Gankino horo"  
B-4000-A, Band 3 - "Kopanitsa plovdivska"

Rhythm: All "kopanici" are conventionally notated in an 11/16 meter, with a quick-quick-slow-quick-quick pattern, counted 1-2-3-4-5:

1	2	<u>3</u>	4	5
♪	♪	♩	♪	♪
Q	Q	S	Q	Q

Formation: Straight lines of dancers (originally M only), usually not more than 6 dancers in a line; belt-hold, R arm under, L arm over

MeasPATTERNFIGURE I ("Basic Step")

- 1 Step R ft R (ct 1). Step L ft behind R ft ; moving R (ct 2). Step R ft R (ct 3). Close L ft beside R ft, wt on both ft (ct 4). Bounce on both ft in place (ct 5).
- 2 Repeat action of meas 1 with opp ftwk and direction.
- 3-8 Repeat action of meas 1-2 three more times (4 in all).

FIGURE II

- 1 Step R ft in place (ct 1). Step L ft in place (ct 2). Step R ft in place, raising L knee up, L ft not far out fwd, slight sway of body to L (ct 3). Step L ft in place (ct 4). Step R ft in place (ct 5).
- 2 Repeat action of meas 1, Fig II, but with opp ftwk.
- 3-8 Repeat action of meas 1-2, Fig II, three more times (4 in all).

FIGURE III

- 1 Step R ft R (ct 1). Step L ft behind R ft (ct 2). Step R ft to R (ct 3). Hop on R ft, raising L bent knee up (ct 4). Strike L heel on floor (ct 5).
- 2 Step L ft L (ct 1). Step R ft behind L ft (ct 2). Step back on L ft, extending R ft fwd (ct 3). Slide back on R ft, extending L ft fwd (ct 4). Slide back on L ft, extending R ft fwd (ct 5). (These last three are actually a 3 ct scissors step.)
- 3-8 Repeat action of meas 1-2, Fig III, three more times (4 in all).

PLOVDIVSKA KOPANICA (continued)FIGURE IV ("Forward and back")

- 1 Step fwd with R ft (ct 1). Step fwd with L ft (ct 2). Hop on L ft, kicking R ft back twd L ft from a pos in front, in a hook-like leg gesture (ct 3). Step fwd with R ft (ct 4). Step fwd with L ft (ct 5).
- 2 Step in place with R ft (ct 1). Step back with L ft (ct 2). Step back with R ft (ct 3) (at this point the L ft is also in contact with the floor in front of R ft). Hop on R ft, moving back (ct 4). Step back with L ft (ct 5).
- 3-8 Repeat action of meas 1-2, Fig IV three more times (4 in all).

FIGURE V ("Forward with Basic")

- 1 Running step fwd with R ft (ct 1). Running step fwd with L ft (ct 2). Two small running steps, (a "bloop-bloop" o o ) R,L, still moving fwd (ct 3). Running step fwd with R ft (ct 4). Running step fwd with L ft (ct 5).
- 2-8 Do 7 meas of Basic Step (as in Fig I); on ct 4 of meas 8, bring ft together and pause, before proceeding on to Fig. V I.

FIGURE VI ("Twisting steps fwd with 2 heel-touches")

- 1 Step slightly back on R ft, turning body slightly to R (ct 1). Step on L ft in place, again facing directly fwd (ct 2). Step on R ft across in front of L ft, moving fwd and turning body slightly L (ct 3). Hop on R ft, turning body slightly to R (ct 4). Step on L ft in front of R ft (ct 5).
- 2 Hop on L ft, straightening to again face fwd (ct 1). Step on R ft across in front of L ft, turning to face slightly L (ct 2). Hop on R ft, at same time abruptly turn to face slightly R, swinging L ft up and across to R with knee straight (ct 3). Hop on R ft, moving R (ct 4). Step on L ft across in front of R ft (ct 5).
- 3 Step R with R ft (ct 1). Step L ft across in front of R ft (ct 2). Leap onto R ft, facing fwd again (L ft actually shares wt here a bit fwd/L of R ft) (ct 3). Step L ft L (ct 4). Step R ft behind L ft (ct 5).
- 4 Step L ft L (ct 1). Step R ft behind L ft (ct 2). Step L ft in place, bringing R knee fwd in preparation for kick (ct 3). Hop on L ft, kicking R ft fwd from rather high knee (ct 4). Step R ft in place, bring L knee fwd (ct 5).
- 5 Hop on R ft, kicking L ft fwd from high knee (ct 1). Step L ft in place (ct 2). Knee stiff, place R heel on floor out to R and bend a bit R (ct 3). Place R heel near L toe, bending a bit fwd; R toe is pointed to L (ct 4). Pause (ct 5).
- 6-10 Repeat action of meas 1-5, Fig VI.

FIGURE VII ("Prancing steps")

- 1 Step R with R ft (ct 1). Step L ft across, continuing R (ct 2). Step R ft (ct 3). Hop on R ft, continuing to R (ct 4). Step L ft across R (ct 5).
- 2 Continue to R with step on R ft (ct 1). Step L ft continuing R (ct 2). Leap onto R ft, facing fwd (actually L ft shares wt as in Fig VI, meas 3) (ct 3). Step L ft to L (ct 4). Step R ft behind L ft (ct 5).
- 3 Step L ft L (ct 1). Step R ft behind L ft (ct 2). Step L with L ft, raising R ft in front in readiness for "prancing" steps to follow (ct 3). Step on R ft in front of L ft in prancing style (ct 4). Step on L ft in place (ct 5).

PLOVDIVSKA KOPANICA (continued)

- 4 Step R with R ft (ct 1). Step L ft in front of R ft in prancing style (ct 2).  
Step R ft in place (ct 3). Step L ft slightly L (ct 4). Step on R ft in  
front of L ft in prancing style (ct 5).
- 5 Step L ft in place (ct 1). Step R ft slightly R (ct 2). Step L ft in  
front of R ft in prancing style (ct 3). Hop on L ft, raising R ft diag  
out fwd/R (ct 4). Strike R heel diag fwd R (ct 5).
- 6-10 Repeat action of meas 1-5, Fig VII.

Presented by Dick Crum