

SILISTRENSKI OPAS
(Bulgaria)

Pronunciation: SIH-lihs-trehn-skih OH-pahs

Opas is related to the "Pravo" dance type and is widespread throughout Dobrudza in N.E. Bulgaria. This version is often done by both M & W. It was danced by the Silistra group participating at the National Folklore Festival in Koprivštica, Bulgaria, summer 1971.

Music: RPC BG-1001, Side B, Band 2. 2/4 meter.

Formation: Lines of 8-10 people, M and W mixed or segregated, using either belt or front basket hold, L over R. Face ctr. Wt on L.

Style: Rather heavy. Definite knee bend. Back arched bkwd slightly. Movements proud and strong. Occasional shoulder twists and shaking.

Meas PATTERN

8 Introduction.

I. PRAVO

- 1 Step on R to R (ct 1). Step on L across R (ct 2).
- 2 Step R to R (ct 1). Still on R ft, raise L knee (ct 2).
- 3 Step on L directly bkwd (ct 1). Still on L ft, raise R knee (ct 2).
- 4-24 Repeat action of meas 1-3, seven more times.

II. PRAVO VARIATION

- 1-2 Repeat action of meas 1-2, Fig I.
- 3 Step on L next to R (ct 1). Send R ft out to R keeping knees close together. R leg describes slight circular movement to side and fwd (ct 2). Upper part of body bends down on this ct.
- 4 Close R heel (or R ft) next to L (ct 1). Hold (ct 2).
- 5-32 Repeat pattern of meas 1-4, Fig II, seven more times.

III. PRAVO VARIATION WITH STAMP

- 1 Repeat action of meas 1, Fig I.
- 2 Step on R to R (ct 1). Hop on R ft (ct 2).
- 3 Step fwd on L slightly R of ctr (ct 1). Hop on L (ct 2).
- 4 Step straight back on R (ct 1). Step bkwd on L (ct 2).
- 5 Step bkwd on R (ct 1). Hopping on R, raise L knee (ct 2).
- 6 Step on L next to R (ct 1). Stamp with R next to L, no wt (ct 2).
- 7-24 Repeat action of meas 1-6, Fig III, three more times.

NOTE: When only M dance in a line meas 5 becomes:

- 5 Squat down, ft together (ct 1). Hold (ct 2). Rise and dance meas 6 as written.

IV. BASIC OPAS

- 1 Step on R to R (ct 1). Brush L ft slightly (flat ft) next to R and slightly fwd (ct 2).
- 2 Step on L to ctr (ct 1). Brush R next to L, as in meas 1.
- 3 Small leap bkwd on R ft (ct 1). Tap ball of L ft sharply next to R ft (ct &). Small hop back on R ft (ct 2). Tap ball of L ft sharply next to R ft (ct &).

SILISTRENSKI OPAS (continued)

- 4 Small leap onto L ft next to R (ct 1). Bending body fwd, small sharp stamp with R next to L, no wt (ct 2).
 5-8 Repeat action of meas 1-4, Fig IV.

V. OPAS VARIATION

- 1 Step on R to R (ct 1). Step on L across R (ct 2).
 2 Step on R (ct 1). Step on L next to R (ct &). Step on R next to L (ct 2).
 3 Step fwd on L ft (ct 1). Send R ft out to R and fwd, describing a circular motion (ct 2).
 4 Bending body fwd, chug bkwd sharply, ft together, knees bent (ct 1). Hold (ct 2).
 5 Straightening body, step fwd on L ft (ct 1). Arching back, stamp R ft (toes turned out) next to L, no wt (ct 2).
 6 Step bkwd on R ft (ct 1). Step bkwd on L ft (ct 2).
 7-8 Repeat action of meas 3-4, Fig IV.
 9-32 Repeat action of meas 1-8, Fig V, three more times.

Sequence for dance is as follows:

Introduction: 8 meas.
 Fig I, Basic Pravo, 8 times
 Fig II, Pravo Variation, 8 times
 Fig III, Pravo Variation with Stamp, 4 times
 Fig IV, Basic Opas, 2 times
 Fig V, Opas Variation, 4 times

The above sequence is set for available recording. The sequence was set by Yves Moreau.

All individual figures are as danced in Silistra region.

Presented by Yves Moreau