

IHTIMANSKA KOPANICA

TRANSLATION : *Kopanica* from the town of Ihtiman, Šop region (Western Bulgaria).
1. The word *Kopanica* is derived from the verb *Kopaja* ("to dig")
2. In dance & music terminology *Kopanica* means dance in 11/8 meter (2-2-3-2-2) and it is also the name of its basic step.

MUSIC : Record "Folk Dances from Bulgaria"
Balkanton BHA 10441. Side I. Band 2.

BACKGROUND AND STYLING : This dance is a women's *Kopanica* and it is performed in the typical Šop-style i.e. : small energetic steps with knee lifting and Reaction of the upper part of the body to that. Shoulders relaxed so they can bounce naturally on the rhythm of the steps ("*Natrissanè*").

FORMATION : Open circle. Hands belt hold, R arm under, L arm over.

METER : 11/8 : 1-2, 1-2, 1-2-3, 1-2, 1-2 Counted here as:
 1 2 3 4 5
 Q Q S Q Q

INTRODUCTION : No introduction

MEAS

PATTERN

Part 1 "Nabivanè"

- 1 facing ctr, step on R ft sdwd R (ct 1),
cross and step on L ft behind R ft (ct 2),
step on R ft sdwd R, bending R knee and raising L knee (ct 3),
place L heel next to R toes (ct 4), hold (ct 5)
2 repeat action of meas 1, reversing ftwk and direction
3-8 repeat action of meas 1-2 three more times

Part 2 "Dvojna Nabivanè"

- 1 facing ctr, step on R ft sdwd R (ct 1),
cross and step on L ft behind R ft (ct 2),
step on R ft sdwd R, bending R knee and slightly raising
L leg diag L (ct 3), strike L heel on the floor diag L (ct 4),
strike L heel on the floor straight fwd (ct 5)
2 repeat action of meas 1, reversing ftwk and direction
3-4 repeat action of meas 1-2
5 two steps fwd twd ctr with R and L (cts 1-2),
step on R ft in place, bending R knee and slightly raising
L leg diag L (ct 3), strike L heel on the floor diag L (ct 4),
strike L heel on the floor straight fwd (ct 5)
6 two steps bkwd with L and R (cts 1-2),
step on L ft in place, raising R heel bkwd (ct 3)
tap R toes two times straight bkwd, looking across R shoulder
(cts 4-5)

(continued)

IHTIMANSKA KOPANICA (continued)

<u>MEAS</u>	<u>PATTERN</u>	<u>Part 2 (continued)</u>
7-13	repeat action of meas 1-5	
14	two steps bkwd with L and R (cts 1-2), leap onto L ft, swinging L ft raised up sharply behind L (ct 3)	
15-16	hop on L ft, swinging R ft raised up across L shin (cts 4-5) repeat action of meas 13-14	

Part 3

1	facing ctr, step on R ft sdwd R (ct 1), cross and step on L ft behind R ft (ct 2), step on R ft sdwd R, bending R knee and raising L knee high (ct 3), cross and step on L ft in front of R ft (ct 4), step on R ft in place	
2	repeat action of meas 1, reversing ftwk and direction	
3-4	repeat action of meas 1-2	
3	Scissors step R : a slight leap onto R ft, displacing L ft and moving it quickly fwd with knee straight (ct 1) reversing ftwk for Scissors step L (ct 2), leap onto R ft in place, bending R knee and raising L leg diag L (ct 3), strike L heel on the floor diag L (ct 4), strike L heel on the floor straight fwd (ct 5)	
6	repeat action of meas 5, reversing ftwk	
7-8	repeat action of meas 5-6	
9-16	repeat action of meas 1-8	

Part 4

1	facing diag R and moving in LOD, one <i>Kopanicca</i> -step : step on Rft (ct 1), step on L ft (ct 2), a small lifting on L ft immediately followed by a step on R ft (ct 3), hop on R ft, raising L knee (ct 4), step on L ft (ct 5)	
2	step on R ft (ct 1), step on L ft (ct 2), facing ctr, twist the body around the L heel so that the L toe points to the L, immediately followed by a step on R ft directly behind L heel (ct 3), step on L ft sdwd L (ct 4), cross and step on R ft behind L ft (ct 5)	
3	step on L ft sdwd L (ct 1), cross and step on R ft behind L ft (ct 2), low hop on R ft, raising L knee, immediately followed by a step on L ft next to R ft (ct 3), cross and step on R ft in front of L ft (ct 4), step on L ft in place (ct 5)	
4	Scissors step R in place (ct 1), Scissors step L in place (ct 2), low hop on L ft, swinging R ft raised up across L shin (ct 3), moving in LOD, leap onto R ft (ct 4), step on L ft (ct 5)	
5-16	repeat action of meas 1-4 three more times	