

ARAPOJNA (ah-RAH-poy-nah)  
(Bulgaria)

Learned by Yves Moreau, Fall 1971, from village dance group in Gecovo, Razgrad District, N.E. Bulgaria. Arapojna is a typical "Kapanski" dance. The "Kapanci" people are said to be direct descendants of the early Bulgarian settlers ("protobulgarians") who came from the Volga River area with their leader Asparoukh in the 5th century A.D. The term "Kapanci" is derived from "na kapki" referring to the special "dotted" embroidery stitch found on their costumes. The "Kapanci" live primarily in about 20 distinct villages situated around the towns of Razgrad, Sumen and Tãrgovište in N.E. Bulgaria. They have many special dances, songs, and rituals. The "Kapanci" wedding is especially colorful.

Record: Worldtone WT-YM-003, Band 2. 2/4 meter.

Formation: Mixed or segregated lines. Hands joined at shoulder height "W" pos. Face ctr, wt on L ft.

Style: Kapanski styling is sort of a mixture of quick North Bulgarian movements with that special touch of Dobrudjan-like heaviness. There is therefore a slight knee bend during the dance, and the arm movements are firm.

Meas

Pattern

No Introduction music; dance may start at beginning of a musical phrase.

- 1 Small step fwd on R ft. There is sort of a "rolling" action occurring here and the hands push slightly fwd, L ft is lifted slightly from floor (ct 1). Hold (ct 2).
- 2 Reverse action of meas 1, stepping bkwd on L and returning hands to original pos.
- 3-6 Repeat action of meas 1-2 two more times.
- 7 Step to R on R, simultaneously arms swing downward and bkwd (ct 1). Step on L across in front of R, simultaneously arms swing fwd (ct 2).
- 8 Repeat action of meas 7.  
Note: During meas 7-8, bend body fwd from waist, look to R.
- 9 Resume erect posture, small step on R to R, bring hands fwd and up to eye level (ct 1). Raise L ft across R, hands return to "W" pos (ct 2)
- 10-11 Repeat pattern of meas 1-2, reversing ftwork.
- 12-13 Repeat pattern of meas 10-11.
- 14-16 Repeat pattern of meas 7-9, reversing direction and ftwork.

Presented by Yves Moreau