

CIBARSKA KOPANICA

Bulgaria

TRANSLATION AND BACKGROUND

: Kopanica from the town of Cibar in Northwest Bulgaria, Severnjaško.

The word Kopanica is derived from the verb Kopaja (to dig).

In dance and music terminology Kopanica means folk dance in 7/8 meter (2-2-3-2-2) and is also the name of its basic step.

Characteristic for this variant of Kopanica is the 3 measure structure of its basic pattern and variations. They are performed to a musical accompaniment consisting of a 4 + 4 measure musical phrase. As a result there is no synchronization between the music and dance phrasing, which is a common feature in the relationship between dance and musical accompaniment in Bulgaria.

Other 11/8 dances from North and Northwest Bulgaria with a 3 measure dance pattern are: Gankino and Lamba Lamba.

MUSIC

: LP/Cassette "Folk Dances from Bulgaria" - volume 4
JL1988.02 by Jaap Leegwater
Side B, Band 8.

METER

: 11/8  or 
Q Q S Q Q
1 2 3 4 5

STYLE

: Severnjaški:
- Light, bouncy and jumpy

SOURCE

: Learned from the Bulgarian choreographer and dance instructor Dimităr Dojčinov, who introduced the dance at the "Nevo - Eastern Camp" in the Netherlands in 1978.

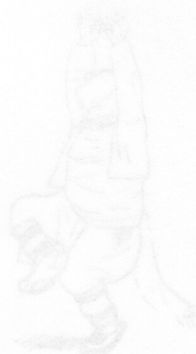
FORMATION

: Half circle or lines.
Hands at belt - hold position.

INTRODUCTION

: The slow rubato melody (Bavna Melodija).

The first dancer usually indicates how many times each pattern is repeated.



<u>MEAS</u>	<u>PATTERN</u>	<u>Part 1 "OSNOVNO" (Basic)</u>	
1	facing ctr, step on R ft sdwd R (ct 1), step on L ft behind R ft (ct 2), step on R ft fwd (ct 3), hop or <u>čukče</u> on R ft (ct 4), step back on L ft in place (ct 5)		
2	step on R ft fwd (ct 1), step on L ft bkwd (ct 2), step on R ft bkwd, turning L leg out to the side (ct 3), close L ft with a sharp click, without wt, against R ft (ct 4) fall onto L ft, turning R leg out to the side (ct 5)		} <u>Hlobka L</u>
3	close R ft with a sharp click against L ft, wt equally on both ft (ct 1) fall onto L ft, lifting R knee in front (ct 2), small hop on L ft and strike R heel next to L toes (ct 3), leap onto R ft sdwd R (ct 4), step on L ft in front of R ft (ct 5)		} <u>Hlobka R</u>

Part 2 "POČIVKA" (Rest)

- 1 repeat action of meas 1 of Part 1
- 2 repeat action of meas 2 (ct 1-4) of Part 1
hold (ct 5)
- 3 hold (ct 1-2),
repeat action of meas 3 (ct 3-5) of Part 1

Part 3 "KOSIČKA" (Flick)

- 1 repeat action of meas 1 of Part 1
- 2 step on R ft in place (ct 1),
step on L ft in place (ct 2),
flick R leg in a fast and sharp movement across in front
of the L leg (ct 3),
turning body face diag L, close R ft with a sharp click
against L ft, wt equally on both ft (ct 4),
fall onto L ft sdwd L, turning R leg out to the side (ct 5)
- 3 close R ft with a sharp click against L ft,
wt equally on both ft (ct 1),
fall onto L ft sdwd L, lifting R knee in front (ct 2),
hop on L ft and
strike R heel next to R toes (ct 3),
step on R ft (ct 4),
extend L leg fwd low (ct 5)

} Hlobka R} Hlobka R

MEAS PATTERNPart 3 (continued)

- 4 facing ctr, moving slightly diag R bkwd,
 hop on R ft, swinging L leg in small arc bkwd (ct 1),
 step on L ft behind R ft (ct 2),
 step on R ft, extending L leg fwd low (ct 3),
 hop on R ft, swinging L leg in small arc bkwd (ct 4),
 step on L ft behind R ft (ct 5)

Part 4 "NA PRED" (Foreward)

- 1 repeat action of meas 1 of Part 1
- 2 step on R ft in place (ct 1),
 step on L ft in place (ct 2),
 facing ctr, moving fwd twd ctr, hop on L ft,
 swinging R leg straight, fwd low and across in front of L leg (ct 3),
 leap onto R ft, swinging L leg straight, fwd and across in front of
 R leg (ct 4-5)
- 3 turning face diag L,
 leap onto L ft in demi-plié (ct 1),
 strike R heel with straight R leg in front (ct 2),
 hop on L ft, turning R leg sdwd out (ct 3),
 close R ft with a sharp click against L ft,
 wt equally on both ft (ct 4) } Hlobka R
 fall onto L ft sdwd L, turning R leg out to the side (ct 5)
- 4 repeat action of meas 4 of Part 3

