

# JAMBOLSKI CAPRAZ

(Bulgaria)

Dance from the region of Jambol based on the widespread Pravo Trakijsko. When the Pravo gets into faster and more exciting tempos, then men often go into a series of in place variations using percussive fancy steps and patterns with calls. This type of dance has also been known under "Cesto". Steps observed by Yves Moreau and learned from various sources in Bulgaria, summer 1966.

**Pronunciation:** YAHM-bohl-skee TCHAP-rahz  
**Music:** Yves Moreau cassette  
**Rhythm:** 2/4  
**Formation** Lines, belt hold, L over R. Wt on L. Face slightly R of ctr.  
**Style:** Slight knee bend, "earthy" style.  
**Steps:** "Tropoli": slight leap on R in place, knee bent (1) tap ball of L slightly fwd (ct &) hop slightly on R in place (2) stamp slightly fwd on L, no wt (ct &) same action repeats with reverse footwork. Total step has 2 measures.

Measure	Pattern
	No special intro. Start at beg of any musical phrase
	<b>1. "Bavno" or "Trakijka" (Thracian Pravo)</b>
1	Heading diag. fwd. step on R to R (1) step on L (2)
2	Larger step on R with marked knee flexion (1) pause (2)
3	Large step on L with marked knee flexion (1) pause (2)
4-6	Same as meas 1-3, but moving straight back, body facing ctr.
	<b>2. "Udari" Pravo with "Thracian stamp"</b>
1	Sharp heavy stamping step with R, diag fwd. R (1) close L to R (2) sharp low stamp again with R (&)
2	Stamp again with R (1) lift or light hop on R (2)
3	Larger step fwd on L (1) lift or light hop on L, at same time bring R ft up behind L calf (2)
4-6	Same as in meas. 4-6, Fig. 1
	<b>3. "Udari" with jump</b>
1-2	Repeat pattern of meas 1-2, Fig. 2
3	Hop on R, extending L leg fwd, straight knee (1) jump onto both feet sharply tog, bending knees (2)
4-6	Repeat pattern of meas 4-6, Fig. 1
	<b>4. Forward with "scuffs" and jump</b>
1	Step fwd on R diag R (1) cross on L behind R (&) step fwd on R (2) scuff with L ft next to R and fwd (&)
2	Repeat same pattern still moving fwd, with opp ftwrk
3	step fwd on R (1) sharp jump onto both feet, knees bent (2)
4-6	Repeat pattern of meas 4-6, Fig.1

**Jambolski Capraz** (cont'd) p.2.

**5. "Tropoli" or "Daj na mjesto" (tapping steps in place) -chorus**

- 1-2 Do a "tropoli" step on each side as described in introduction text above  
3-8 Do six more "tropoli" steps

**Note:** "Tropoli" figure is done from now on (8 meas) between each of the following variations OR the number of times required to get back to the beg of a musical phrase

**6. "Iz hvarli" (with a kick)**

- 1 Step fwd on R (1) pump L heel fwd in air (2)  
2 "Chug" back on R ft, raise L knee high and out to L (1) step bkwd on L (2)

**7. "Iz hvarli, dva pati"**

- 1-4 Execute Fig. 6, two times

**8. "Iz hvarli, tri pati"**

- 1-6 Execute Fig. 6, three times

**9. "Tri v djasno, tri v ljava" (three to the right and left)**

- 1 Facing ctr, step on R to R (1) step on L behind R (2)  
2 Repeat pattern of meas 1  
3 Step on R to R (1) stamp L next to R, no wt (2)  
4-6 Reverse pattern of meas 1-3  
7-8 Execute Fig. 6 (Iz hvarli)

**10. "Hlopka"**

- 1 Facing ctr, two small running steps fwd, R,L (cts 1,2).  
2 Click R to L (ct 1); hold (ct 2).  
3-4 Repeat meas 1-2.  
5 Bending fwd from waist, slap R ft diag R (straight knee) (ct 1); hold (ct 2).  
6 Repeat meas 5.  
7 Slap R ft diag R (straight knee) twice (cts 1,2).  
8 Slap R ft again (ct 1); hold (ct 2).  
9-16 Straighten body and repeat meas 1-8, FIG. V (tropoli) moving bkwd

**11. "Seci"**

- 5 Step onto R slightly fwd and to R (ct 1); step on L next to R, turning to face R (L shldr to ctr) and raising R ft sharply up behind L calf (ct 2).  
6 Still facing R, quick step on R to R (ct 1); close L to R (ct &); step on R to R (ct 2); quick stamp with L next to R, no wt (ct &).  
7 Facing ctr, step on L turning slightly to L (ct 1); sharp stamp with R next to L (ct 2).  
8 Step on R fwd turning slightly to R (ct 1); small sharp jump onto both ft slightly apart (body is facing R of ctr)(ct 2).  
9 Facing ctr, two steps back R,L (cts 1,2).  
10-11 Repeat meas. 1-2, of Fig. VI (iz hvarli)

Note: The above described figures can be called or re-arranged in the order you wish. The number of "tropoli" steps between figures is determined by leader and will depend greatly on the music and figures used.

*Presented by Yves Moreau at the Laguna Folkdancers Festival 1999*