

# PLOVDIVSKA KOPANITSA

(Bulgaria)

This dance is one of the most popular from the western area of Thrace, Bulgaria. I learned this dance from Gospodin Dimitrov in Plovdiv.

In dance and music terminology, Kopanitsa means folk dance in 11/16 meter.

PRONUNCIATION: PLO-vdi-vska KO-pa-ni-tsa  
 FORMATION: Belt hold  
 STYLE: Men dance with slightly bent knees. Women dance with very straight body position.  
 RHYTHM: 11/16 o o o o o o o o  
           1 2 3 4 5  
 OR o o o. o o  
 MUSIC: Petur Iliev - Bulgarski Narodni Tanci, side A, no. 6

METER: 11/16

PATTERN

Meas Count

## PART I

1	1	Step R	}	
	2	Step L	}	Face 45 degrees
	3	Step R	}	to the Right
	4	Hop R	}	Moving Right
	5	Step L	}	
2	1	Step R	}	
	2	Step L behind	}	Face Front,
	3	Step R	}	Moving
	4	Hop R, L knee up	}	Right
	5	Place L heel in front	}	
3	1	Step L, moving L		
	2	Step R behind		
	3	Quick step onto L, Place R foot slightly forward of L		
	4	Alternate like	}	
	5	scissors R, L	}	
4	1	Step R moving R		
	2	Step L behind		
	3	Step R, L leg forward		
	4	Hop R, bring L leg back		
	5	Step on L, R knee up		
5-8		Repeat measures 1-4		

## PART II 6 Measures

1	1	Step R
	2	Step L
	3	Hop L, R foot crosses L leg in the air
	4	Step R
	5	Step L
2	1	Step R across L
	2	Step
	3	Jump onto R, L leg forward
	4	Hop R, bring L leg back
	5	Step L
3	1	Hop L
	2	Step R behind
	3	Place L heel on floor in front
	4	Jump onto L
	5	Place R heel on floor in front
4-6		Repeat measures 1-3

**PART III 7 measures**

- 1-2 Repeat Part II measures 1-2  
3 1 Hop L  
2 Step R behind  
3 Jump back, feet together  
4 Low Hop on L, R leg up  
5 Slap R foot on floor in front of body (foot is flat against floor).  
4 1 Low hop on L  
2 Slap R foot on floor in front  
3 Straighten L leg, cross R foot in front in air  
4 Step R to the Right  
5 Step L in place  
5-7 Repeat measures 2-4

**PART IV 5 measures**

- 1 1 Step R  
2 Step L  
3 Hop L, kick R leg across L  
4 Jump onto R to the R, kick L leg across  
5 Hold  
2 1 Jump onto L, kick R forward  
2 Hold  
3 Swing R leg back  
4 Place R heel on floor  
5  
3 Repeat measure 1  
4 1 Jump onto L, kick R leg forward  
2 Hold  
3 Low hop on L, R leg step behind (quick-quick)  
4 Step L } moving  
5 Step R behind } left  
5 1 Step L } moving  
2 Step R behind } left  
3 Place L heel on floor  
4 Jump onto L  
5 Place R heel on floor

**PART V. 16 measures**

- 1-4 Repeat Part III, measures 1-4  
5 1 Low hop back on L (chug), slide R foot behind on floor  
2 Low hop on L, slide R foot behind  
4 Low hop on L, R knee high  
5 Place R heel on floor  
6 Repeat measure 5  
7 Repeat measure 5 on the right side  
8 Repeat measure 5  
9-16 Repeat measures 1 - 8