

# PRESKAČANKA

(Bulgaria)

Learned by Yves Moreau, fall of 1971, from village dance group in Gecovo, Razgrad District, Northeast Bulgaria. Preskačanka belongs to the family of the well-known Pajduško Horo danced throughout Bulgaria and Macedonia. This version is popular among the *Kapanci* people. The *Kapanci* 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* (pronounced kapantsi) is derived from *na kapki* referring to a special "dotted" embroidery stitch found on their costumes. The *kapanci* live primarily in some twenty distinct villages situated around the towns of Razgrad, Šumen and Târgovŕšte in Northeast Bulgaria.

PRONUNCIATION: Prehs-KAH-chahn-kah

MUSIC: Yves Moreau workshop cassette

RHYTHM: 5/16. 1-2, 1-2-3, or quick-SLOW, counted here as 1,2.

FORMATION: Short mixed lines of M & W, hands joined down at sides. Face ctr. Wt on L.

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

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METER: 5/16

PATTERN

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Meas

No introduction music. Dance may start at beginning of any musical phrase.

## **1. 'Na Mjasto' (In place) - Nah-mee-YASS-toh**

- 1 Step on R in front of L, simultaneously, arms swing fwd, about parallel to the floor (ct 1). Shift wt back to L in place, arms start swinging bkwd (ct 2).
- 2 Step bkwd on R ft, arms swing bkwd (ct 1). Step on L in place, arms start swinging fwd (ct 2).
- 3 Repeat pattern of meas. 1, exactly.
- 4 Small hop on L in place, arms swing back (ct 1). Small step on R slightly to R, arms start swinging fwd (ct 2).
- 5-8 Repeat pattern of meas 1-4, reversing ftwk.

Meas

**2. "Na Okolo" (Around) - Nah-OH-kolo**

- 1 Small hop on L ft in place, arms swing fwd (ct 1), step fwd on R, arms start swinging bkwd (ct 2).
- 2 Small leap fwd onto L ft next to R, hands swing bkwd (ct 1), small step fwd on R, arms start to swing fwd (ct 2).
- 3-8 Repeat action of meas 1-2, alternating ftwk. Describe a CW oval floor pattern, i.e., moving fwd, to R, bkwd, and to L, ending in original position. (Two measures for each direction). In the North Bulgarian Dajcovo, this figure is often called "Ljus" or "Ijulka" (rocking or swinging).

**3. "Napred-Nazad" (Forward and back) - Nah-PREHD Nah-ZAHD**

- 1 Step on R, crossing in front of L, simultaneously hands come up to "W" pos slightly fwd but pointing to L (ct 1), shift wt on L in place, hands remain pointing to L (ct 2).
- 2 Step to R with R, hands now point to R (ct 1), small step fwd on L, hands remain pointing to L (ct 2).
- 3-4 Repeat pattern of meas 1-2, exactly.
- 5 Small hop on L in place, hands start to move fwd and upward (ct 1), step on R in front of L, hands move downward (ct 2).
- 6 Shift wt back on L ft in place (ct 1), shift wt onto R ft in place (ct 2)
- 7-8 Repeat action of meas 5-6, reversing ftwk.
- 9 Small hop on L ft in place (ct 1), Step bkwd on R (ct 2)
- 10 Still moving bkwd, repeat pattern of meas 9, reversing ftwk
- 11-12 Repeat pattern of meas 9-10 ("reeling" steps)
- 13 Wt on L, facing ctr, cross R over L (ct 1), shift wt back onto L (ct 2)
- 14 Small hop on L ft in place (ct 1), small step on R slightly R (ct 2).
- 15-16 Repeat action of meas 13-14, reversing ftwk.