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9-27-91

SILISTRENSKI OPAS

(Bulgarian)

Learned by Petur Iliev, fall of 1988, from one of the best and oldest representatives of the Dobrudzhan style, Bai Ivan from Silistra. This dance is one of the most popular from Dobrudzhan ethnographic area, found in northeastern Bulgaria. The performers of this dance, men and women, join hands in a particular fashion called "za opas" from which the dance takes its name.

PRONUNCIATION: si-LI-stren-ski OP-as

FORMATION: Open circle. Za opas holds. Men and women. Front basket hold.

STYLE: The men's style is characterized by deeply bent knees, arched back and raised backside. The women stand straight and carry themselves proudly.

METER: 2/4 o o

MUSIC: Petur Iliev - Bulgarski narodni tanci, Side B, No. 5

PART I: 9 measures

<u>MEASURE</u>	<u>COUNT</u>	<u>PATTERN</u>
1	1	Step R to the right facing forward
	2	Step L, crossing behind R, bending both knees
2	1	Step R to the right side
	2	Lift R, L foot raised
3	1	Step L, crossing in front of R, bending both knees, facing right
	2	Lift L, R up, facing forward
4	1	Touch ball of R foot, knee pointing in (toward L) and twist knee out
	2	Lift L, and R foot up, bending both knees
5	1	Step R foot forward
	2	Hop R, L foot up
6	1	Step L foot forward
	2	Stomp R foot close to L
7	1	Jump R back
	2	Jump L back

8 1 Step R - L very quickly
 2 Step R - L very quickly

9 1 Jump from R to L
 2 Touch R heel forward

REPEAT PART I FOUR TIMES

PART II: 10 measures

1 1 Step R to the right
 2 Step L, crossing behind, bending both
 knees, R foot up

2 1 Step R to the right
 2 Lift R, twisting L knee in, then out

3 1-2 Repeat measure 1 on the other side (Step L,
 etc.)

4 1 Step L to the left
 2 Lift L, kick R foot forward

5 1 Swing R foot around to the right, touch R
 heel
 2 Hold position

6 1 Hold position (measure 5, count 2)
 2 Bend both knees, R foot flat, hold position

7 1 Jump from R to L
 2 Stomp R foot forward

8 1 Jump from L to R
 2 Stomp L foot forward

9 1 Step R - L very quickly
 2 Step R - L very quickly

10 1 Jump from R to L
 2 Stomp R foot forward

REPEAT PART II TWICE

REPEAT THE ENTIRE DANCE FROM THE BEGINNING.