

ŽENSKI ČAPRAZ

Женски Чапраз
(Bulgaria - Trakia)

Women's dance from the region of Jambol in Eastern Thrace (Trakia). It is related to the *Pravo Trakijsko* type. The faster steps are common with many other *Čapraz* variations (men's or women's).

Pronunciation: ZHEHN-skeeh chap-RAHZ
Music: Yves Moreau CD
Rhythm: 2/4
Formation: Line or open circle with hands joined in V pos. or belt hold (L over R)
Face LOD (1) pause (2)
Style: «Earthy» style with slight knee bend.

Meter: 2/4

Pattern

Introduction : 2 meas. No action

1. Travelling R & L

- 1 Step fwd R in LOD (1) Step fwd on L (2)
- 2 Step fwd on R (1) pause (2)
- 3 Step fwd on L (1) pause (2)
- 4 Turning body to face ctr, step on R to R (1) step on L behind R (2)
- 5 Step on R to R (sway» to R) (1) pause (2)
- 6 Step on L to L (1) slight lift and begin to bring R leg to L (2)
- 7 Step on R in front of L (1) step on L to L (2)
- 8 Step on R in front of L (1) body facing ctr, come up onto ball of R ft
extending L leg slightly fwd (2)
- 9 Step on ball of R ft, at same time coming up onto ball of R ft (1) release
weight sharply onto full L ft, at same time R ft «flicks» behind L leg (2)
- 10 Facing ctr, move bkwd with 4 small steps R-L-R-L

2. Pravo with stamps

- 1 Facing ctr, lift R knee (ct ah) low stamp onto R moving fwd (1)
step onto L behind R (2)
- 2 Sharp low stamp fwd onto R (ct ah) do another low sharp stamp fwd onto R
(1) lift L leg slightly back and send it fwd (2)
- 3 Large step fwd onto L (1) slight lift onto L bringing R ft behind L leg (2)
- 4 Move two steps away from ctr, R-L
- 5 Step fwd onto R (1) lift L knee slightly (2)
- 6 Step fwd onto L (1) lift R knee slightly (2)
- 7-8 Move back, away from ctr with four steps, R-L-R-L
- 9 Step on R turning to face R, bending upper body (1) light touch or «pump»

Ženski Čapraz (cont'd) p.2.

- 10 onto ball of L ft, no wt (&) «sink» onto R ft (2)
Straightening body, leap onto L in place, raising R knee (1) sharp low stamp
with R ft next to L, no wt (2)

3. Forward with «clicks»

- 1 Facing ctr, two quick steps fwd, R-L (1,2)
2 Sharp click with R closing to L (1) pause (2)
3-4 Repeat pattern of meas 1-2
5 Step fwd onto R facing diag R (1) sharp jump onto both feet (apart)
facing diag R (2)
6 Facing ctr, move back two steps, R-L
7 Step on R turning to face R, bending upper body (1) light touch or «pump»
onto ball of L ft, no wt (&) «sink» onto R ft (2)
8 Straightening body, leap onto L in place, raising R knee (1) sharp low stamp
with R ft next to L, no wt (2)

4. In place

- 1 Facing ctr, step sharp stamp-like step fwd onto R bringing L leg around and fwd
(1)
light hop onto R ft (2)
2 Step fwd L (1) slight hop onto L, bringing R ft behind L ankle (2)
3 Step back onto R (1) take large step back onto L (leg goes around to L and back) (2)
4-6 Repeat pattern of meas 1-3, but start moving backward on last two steps, R-L
7-8 Repeat pattern of meas 7-8, Fig. 3, but travelling bkwd

SEQUENCE: (with this particular tune on CD)

- Fig. 1, twice**
Fig. 2, twice
Fig. 1, twice
Fig. 2, twice
Fig. 3, twice
Fig. 4, twice
Fig. 1, twice (faster)
Fig. 2, twice (faster)

Presented by Yves Moreau

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