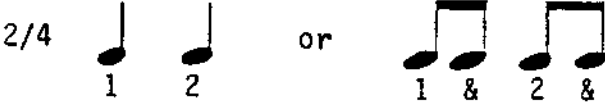

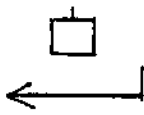
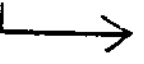
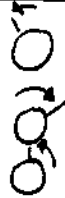








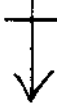



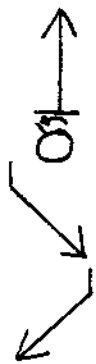
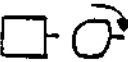


- TRANSLATION** : 1. Line-dance named after the town of Alekovo, Silistrenski district in Dobrudža, Bulgaria.  
2. The name Opas is derived from the way the dancers hold each other, i.g. za opas ("at the waistband"), Dobrudžan dialect for za pojas.
- MUSIC** : Cassette "FOLK DANCES FROM BULGARIA" - JL1991.01  
Presented by Jaap Leegwater. Side A / Nr. 5.
- METER** : 2/4  or 
- SOURCE** : Belčo Stanev, choreographer from Varna, Bulgaria.
- STYLE** : Dobrudžanski:  
- heavy, weight on the whole ft and a marked knee-bend position  
- the hips are slightly turned fwd  
- upperbody proud and erect  
- every step is accompanied by a slight knee bending or dipping  
- a kind of peasant - or "earthy" kind of quality
- FORMATION** : Medium lenght lines.  
Hands held in X-position (front-basket position, L arm over).
- MUSICAL INTRODUCTION** : None

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	<u>Part 1</u>
	1	&	turn L heel out - up - and straighten L leg fwd low	} Ljuš
		1	step on L heel, straightening both knees	
	2	2	step on R ft across behind L ft, slightly bending both knees	
		1	step on L ft	
	3-4	2	turn R heel out - up - and straighten R leg fwd low	
			repeat action of meas 1-2 with opp ftwk & directions	
	5-16		repeat action of meas 1-4 three more times	

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	<u>Part 2</u>
	1	1	step on L ft	Dobrudžanski Pričukvaně
		2	stamp R ft next to L ft bending both knees	
	2	1	step on R ft	
	2	step on L ft slightly fwd, L heel next to R toes, bending both knees and body wt equally divided on both ft		
	3	stamp ("fall") successively on		
		1  R ft		
		&  L ft		
		2  R ft		
	4-6		repeat action of meas 1-3	
	7		repeat action of meas 1	
	8	1	stamp R ft next to L ft	
		2	stamp R ft next to L ft	
	9	1	step on R ft	
		2	hop on R ft	
	10	1	step on L ft	
		2	hop on L ft	
	11	1	step on R ft	
		2	stamp L ft next to R ft	
	12	1	step on L ft	
		2	stamp R ft next to L ft	
	13	1	step on R ft	
		2	hop on R ft	
	14	1	step on L ft	
		2	hop on L ft	
	15	1	step on R ft	
		2	stamp L ft, without wt, next to R ft slightly bending both knees	
	16	1	stamp L ft, without wt, next to R ft	
		2	hold	
	17-32		repeat action of meas 1-16	

<u>DIRECTION</u>	<u>MEAS</u>	<u>CT</u>	<u>PATTERN</u>	<u>Part 3</u>
	1		step on L ft, swinging R leg in an arc fww	
	2		place R heel in front of L ft with the L knee bent, the R leg straight and the R toes pointing diag L	
	3	1 2	twist R ft to the R (the heel stays on the floor) twist L ft back to the L	
	4	1 2	step on R ft hop on R ft <i>lifting L knee forward</i>	
	5	1 2	step on L ft hop on L ft, sharply lifting R knee across in front of L knee	
	6	1 2	step on R ft, turning L heel out with toe L fore-ft remaining on the floor step on L ft, turning R heel out with the R fore-ft remaining on the floor	
	7		as meas 6	
	8	1 2	low jump on both ft slightly apart hold	<i>see first meas</i>
	9-16 9-32		repeat action of meas 1-8 The entire dance is done three times	<i>3 times more</i>

Description by Jaap Leegwater © 1990

Presented by Jaap Leegwater  
Idyllwild F.D. Camp, 1991

