

ARAPOJNA

(Bulgaria)

Arapojna (ah-RAH-poy-nah) was learned by Yves Moreau, Fall 1971, from village dance group in Gecovo, Razgrad District, N.E. Bulgaria. Arapojna is a typical "Kapanski" dance. The "kapanci" live primarily in about 20 distinct villages situated around the towns of Razgrad, Šumen and Târgovište in N.E. Bulgaria. For additional background information on "kapanci" people, refer to the introduction notes to PARVO KAPANSKO HORO.

RECORD: Worldtone WT-YM-003 B/2 (45 rpm). 2/4 meter.

FORMATION: Mixed lines of M & W. Hands joined at shoulder height
"W" pos. Face ctr, wt on L ft.

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

MUSIC 2/4

PATTERN

Measures

INTRODUCTION: No intro music. Dance may start at beginning of a musical phrase.

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| 1 | Small step fwd on R ft with a slight "rolling" action and hands push slightly fwd, L ft is lifted slightly from floor (ct 1); Hold (ct 2). |
| 2 | Reverse action of meas 1, stepping bkwd on L and returning hands to original position. |
| 3-6 | Repeat action of meas 1-2, two more times. |
| 7 | Step to R on R, simultaneously arms swing downward and bkwd (ct 1); step on L across in front of R, simultaneously arms swing fwd (ct 2). |
| 8 | Repeat action of meas 7. |
| 9 | <u>Note</u> : During meas 7-8, bend body fwd from waist and look to R. Resume erect posture, small step on R to R, bring hands fwd and up to eye level (ct 1); raise L ft across R, hands return to "W" pos (ct 2). |
| 10-11 | Repeat pattern of meas 1-2, reversing ftwrk |
| 12-13 | Repeat pattern of meas 10-11 |
| 14-16 | Repeat pattern of meas 7-9, reversing direction and ftwrk. |

Note: When music speeds up, meas 7-8, can include a quick hop before the first step (hop, step, cross or ah-1-2). This gives the dance a livelier character.

Presented by Yves Moreau

Kolo Festival 1983