

ARAPOJNA (Ah-RAHP-oy-nah) - Bulgaria

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" people 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" is derived from "na kapki" referring to the special "dotted" embroidery stitch found on their costumes. The "Kapanci" live primarily in about 20 distinct villages situated around the towns of Razgrad, Sumen & Targoviste in N.E. Bulgaria. They have many special dances, songs and rituals. The "Kapanci" wedding is especially colorful.

Meter: 2/4 **Formation:** Mixed or segregated lines. 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 Dobrudjan-like heaviness. There is therefore a slight knee bend during the dance & arm movements are firm.

Meas. **Description** **Note:** *No introduction

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| 1 | Small step fwd on R ft. There is sort of a "rolling" action occurring here and the hands push slightly fwd, L ft is slightly above ground (ct 1) H ld (ct 2) |
| 2 | Reverse action of meas 1 (bkwd) |
| 3-6 | Repeat pattern of meas 1-2 two more times |
| 7 | Step to R on R, simultaneously arms swing bkwd (ct 1) step on L across R, simultaneously arms swing fwd (ct 2) |
| 8 | Repeat pattern of meas 7 |
| 9 | Small step to R on R, bringing hands back to normal shoulder height pos and simultaneously picking up L ft sharply (ct 1) Hold (ct 2) |
| 10-11 | Repeat pattern of meas 1-2 reversing ftwork |
| 12-13 | Repeat pattern of meas 10-11 |
| 14-16 | Repeat pattern of meas 7-9 reversing direction & ftwork. |

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