

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. |

Presented by Yves Moreau

Description by Yves Moreau

PRAVO KAPANSKO HORO (PRAH-voh KAH-pahn-skoh Ho-ROH) - Bulgaria

WT-YM B-1

Learned by Yves Moreau, fall 1971 from village dance group in Gecovo, Razgrad District in N.E. Bulgaria. This is a version of the well known "Pravo" Horo, popular among the "kapanci" people. The "Kapanci" 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 stitches 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 lines of M&W. Back basket hold. M, arms over, W, arms under. Face slightly R of ctr. Wt on L ft.

Style: Steps in North Bulgarian dances are small. Kapanci dances require a certain heavy, peasant quality. Knees are therefore slightly bent throughout the dance.

Meas. Description - Note: *Dance may start at beginning of any musical phrase.

I. "PRAVO"

- 1 Step to R with R (ct 1) step with L across R (ct 2)
 - 2 Step to R with R (ct 1) Hold (ct 2)
 - 3 Step bkwd on L ft (ct 1) Hold (ct 2)
- *Repeat pattern of meas 1-3 as often as desired moving around floor. It is recommended not to do it too long due to short music time.

II. GRAPEVINE

- 1 Facing ctr, wt on L, small step fwd on R (ct 1) touch ball of L ft next to R ft (ct 2)
- 2 Repeat pattern of meas 1 reversing direction & ftwork(bkwd)
- 3-4 Repeat pattern of meas 1-2 exactly.
- 5 Repeat pattern of meas 1 exactly.
- 6 Small step bkwd on L ft (ct 1) raise R ft up slightly along L calf (ct 2)
- 7 Small step back on R ft (ct 1) Small hop on R ft in place (ct 2)
- 8 Step sideways L on L (ct 1) Cross behind L on R (ct 2)
- 9 Small jump onto both feet together (ct 1) small hop on L ft, simultaneously raising R ft up (ct 2)
- 10 Step to R on R (ct 1) step on L behind R (ct 2)
- 11 Small leap onto R ft, simultaneously raising L ft up & crossed in front of R (ct 1) small leap onto L to L (ct 2)
- 12 Small leap on to R crossing behind L (ct 1) small leap onto L to L (ct 2), raising R in front of L.
- 13-15 Repeat pattern of meas 10-12 reversing direction & ftwk.

Note: There is no set number of times for each figure. However, once you start the grapevines, continue till end of music.

Presented by Yves Moreau - Description by Yves Moreau