

Коланица или Ганкино

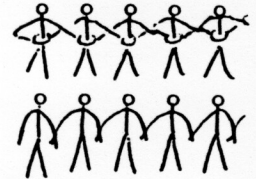
(Line dance, no partners)

Translation: Digging dance, or of Ganka (a girl's name).

Rhythm: 11/16 (♩♩♩.♩♩) counted 1-and, 2-and, 3-and-ah, 4-and, 5-and; or "quick quick slow quick quick".

Record: Folkraft LP-26, side B band 6 (2:00)--orchestra






Starting Position: Belt hold or "V" position. Right foot free.



Music 11/16

Measure




VARIATION Ia -- Basic

- 1  Facing slightly and moving right, three walking steps (right, left, right) forward (counts 1-3),
HOP-STEP (right) forward (counts 4-5).
- 2  Two walking steps (right, left) forward (counts 1-2),
 Turning to face center, step sideward right on right foot (count 3),
 Close and touch left foot beside right, OR touch left toe in back of right heel (count 4), pause (count 5).
- 3  REPEAT pattern of measure 2 reversing direction and footwork.

count


Kopanica, continued.

VARIATION Ib -- Basic, facing center


- 1  Facing center, step sideward right on right foot (count 1),
Cross and step on left foot in back of right (count 2),
Step sideward right on right foot (count 3),
Hop on right foot (count 4),
Cross and step on left foot in front of right (count 5).
- 2  Step sideward right on right foot (count 1),
Cross and step on left foot in back of right (count 2),
Step sideward right on right foot (count 3),
Close and touch left foot beside right, OR touch left toe in back of right heel (count 4), pause (count 5).
- 3  REPEAT pattern of measure 2 reversing direction and footwork.

Note: The steps of Variations Ia and Ib are identical except for the direction of facing. The following variations may be used with either Ia or Ib:


VARIATION IIa -- Bounce-bounce

-  As I above, except during measures 2 and 3:
Closing and stepping on left foot beside right, lower heels twice (counts 4-5).


VARIATION IIb -- Toe-heel

-  As I above, except during measures 2 and 3:
Touch left toe beside right foot, turning left heel out (count 4),
Touch left heel beside right foot, turning left toe out (count 5).


VARIATION IIc -- Pas de Basque

-  As I above, except during measures 2 and 3:
Cross and step on left foot in front of right (count 4),
Step back on right foot in place (count 5).




VARIATION IId -- Scissors

-  As I above, except during measures 2 and 3:
Three SCISSORS STEPS (right, left, right) (counts 3-5).

VARIATION IIe -- Hop-tap

-  As I above, except during measures 2 and 3:
Hop on right foot in place (count 4),
Tap left heel, or slap left foot, forward slightly without taking weight (count 5).

VARIATION III -- Twizzle

- 1  As Ib above.
- 2  Step sideward right on right foot (count 1),
Cross and step on left foot in front of right (count 2),
Twizzle: Pivot on ball of left foot moving left heel to the right and simultaneously step slightly backward on right foot (count 3),
Step sideward left on left foot (count 4),
Cross and step on right foot in back of left (count 5).
- 3  REPEAT pattern of measure 2 reversing direction and footwork.

Cont

GLOSSARY

BOUNCE-BOUNCE (♩): With weight on balls of both feet and heels raised very slightly, lower heels twice (counts 1-and).

BRUSH: Move foot, touching floor briefly as though sweeping or brushing with a broom.

CHUG: Slide foot very slightly and suddenly, with heel raised very slightly then lowered at the end.

CLOSE: Bring one foot beside the other.

FLEX KNEE (♩): Bend knee slightly (count 1) then straighten it (count and).

HOP: Spring off the floor on one foot and land on the same foot, no transfer of weight.

HOP-STEP (RIGHT) (♩): With weight on right foot, hop on right foot (count 1), step on left foot (count 2). Repeat, reversing footwork, for Hop-Step (Left).

HOP-STEP-STEP (RIGHT) (♩): With weight on right foot, hop on right foot (count 1), step on left foot (count and), step on right foot (count 2). Repeat, reversing footwork, for Hop-Step-Step (Left).

JUMP: Spring off the floor and land on both feet.

LEAP or RUNNING STEP: Spring off the floor on one foot and land on the other, both feet off the floor at height of action (which distinguishes a leap from a simple walking step). There is a slight knee bend at beginning and end of action. A series of leaps (running steps) is a run.

LIFT: Hop, but not quite because ball of foot does not quite leave the floor.

PLEVEN TWO-STEP (RIGHT) FORWARD (♩): Step forward on right foot (count 1), step slightly forward on left foot so toes are about behind right heel (count and), step forward firmly on right foot, bending knee slightly (count 2). Repeat, reversing footwork, for Pleven Two-Step (Left).

PUMP HEEL (♩): Bend and raise knee slightly (count "ah" before count 1), straighten knee sharply, pushing or kicking heel down toward floor as though pumping a car brake (counts 1-and).

ROCK: Step, but with implication of reversing direction and returning to place on the next step (or rock).

RUNNING STEP (see Leap).

RUNNING TWO-STEP (see Two-Step).

SCISSORS STEP (RIGHT) (♩): A slight leap onto right foot in place, displacing left foot and moving it quickly forward with knee straight (count 1). Repeat, reversing footwork, for Scissors Step (Left).

SKIP or SKIPPING STEP (RIGHT) (♩. or ♩): A hop-step in an uneven rhythm: Hop on left foot (count "ah" before count 1), step on right foot (counts 1-and). Repeat, reversing footwork, for Skip or Skipping Step (Left).

SKIPPING REEL STEP (RIGHT) (♩): A hop-step in an uneven rhythm: Hop on left foot (count "ah" before count 1), cross and step on right foot in back of left (counts 1-and). Repeat, reversing footwork, for Skipping Reel Step (Left).

SLAP FOOT: Stamp foot forward, knee straight, without taking weight.

SLIDE: Move foot along floor, keeping contact with floor.

SQUAT: Bend knees deeply so as almost to sit on heels.

SQUAT-KICK (RIGHT) (♩): Jump and squat down on both feet, bending knees deeply (count 1), rise and hop on right foot, kicking left foot forward (count 2). Repeat, reversing footwork, for Squat-Kick Left.

Continued on page 7.

Glossary, continued from page 2.

STAMP: Step with emphasis, heavily.

STEP: A transfer of weight from one foot to the other.

STEP-CLOSE (RIGHT) (♩): Step on right foot (count 1), close and step on left foot beside right (count 2). Repeat, reversing footwork, for Step-Close (Left).

STEP-HOP (RIGHT) (♩): Step on right foot (count 1), hop on right foot (count 2). Repeat, reversing footwork, for Step-Hop (Left).

TAP: Touch lightly, without taking weight, and immediately raise.

TOUCH: Place foot without taking weight.

TWO-STEP (RIGHT) (♩♩): Step on right foot (count 1), close and step on left foot beside right (count and), step on right foot (count 2). Repeat, reversing footwork, for Two-Step (Left).

Running Two-Step: same except a slight leap on count 1, or on all counts.

PRONUNCIATION

Bulgarian is written in a Cyrillic alphabet similar to Russian. In these dance descriptions (a) titles, and some descriptive words in the text, have been transliterated according to the international standard table for transliterating Slavic alphabets, (b) the stressed syllable has been underlined to aid pronunciation. Except for the "ѹ" sound, all letters are like the Serbian Latin alphabet with which many folk dancers may be familiar already.