

Presented by Iliana Borzhanova and Lyuben Dossev - 1998

Men's belt dance in an open circle ( with a leader) from the village of Glavinitsa in West Thrace.

**Figure 1 - Basic - 8 measures in a circle in LOD**

Measure 1

1. Step on right foot ahead
2. Step on left foot ahead
3. Step on right foot ahead
4. Hop on right foot
5. Step on left foot ahead

Measures 2-8 are the same as measure 1.

**Figure 2 - Zaigraj - 3 measures**

Measure 1

1. Step on right foot ahead
2. Step on left foot ahead
3. Step on right foot ahead
4. Hop on right foot
5. Step on left foot ahead

Measure 2.

1. Step on right foot ahead
2. Step on left foot ahead
3. Twizzle - Turn body to face center
4. Step to left with left foot
5. Step behind with right foot

Measure 3.

1. Step to left with left foot
2. Step behind with right foot
3. Step to left with left foot
4. Cross right foot over left
5. Step on left foot in place

**Figure 3 - Kosichka - 3 measures**

Measure 1

1. Step on the right foot ahead
2. Step on left foot ahead
3. Hop on the left foot while hooking the right foot over the left calf
4. Step on the right foot ahead
5. Step on left foot ahead

Measure 2.

1. Step on right foot ahead
2. Step on left foot ahead
3. Twizzle - Turn body to face center
4. Step to left with left foot
5. Step behind with right foot

Measure 3.

1. Step to left with left foot
2. Step behind with right foot
3. Step to left with left foot
4. Cross right foot over left
5. Step on left foot in place

**Figure 4 - Plesni - 4 measures**

Measure 1

1. Step on right foot ahead
2. Step on left foot ahead
3. Step on right foot ahead
4. Hop on right foot
5. Step on left foot ahead

Measure 2.

1. Step on right foot ahead
2. Step on left foot ahead
3. Twizzle - Turn body to face center
4. Step to left with left foot
5. Step behind with right foot

Measure 3.

1. Step to left with left
2. Step behind with the right foot
3. Chug behind with the two feet together (this is a small slide backward)
4. Hop on the left foot
5. Slap the right foot directly ahead

Measure 4.

1. Hop on the left foot
2. Slap the right foot ahead on the right diagonal
3. Hop on the left foot while hooking the right foot over the left
4. Step in place on the right foot
5. Step in place on the left foot.

## Glavinishka Kopanitsa 11/16 (QQSQQ)

### Figure 5 - Nozhitsi (scissors) - 8 measures - facing center

#### Measure 1

1. Start with the weight on the left.  
Leap to the right and extend the left foot in front and parallel to the floor and slightly above the floor.
2. Leap to the left and extend the right foot in front
3. Hop on the left foot while hooking the right foot over the left calf
4. *Step on the right foot in place*
5. Step on the left foot in place

#### Measure 2

1. Step on the right foot directly ahead of the left foot
2. Step on the left foot in place
3. Jump on two feet with the right foot in back of the left foot
4. Hop on the right foot
5. Step on the left foot in place

#### Measure 3

1. Hop on the left foot
2. Step on the right foot
3. Chug behind with the two feet together (this is a small slide backward)
4. Hop on the left foot
5. Slap with the right foot directly ahead

#### Measure 4

1. Hop on the left foot
2. Slap with the right foot directly ahead
3. Step on the right foot
4. Hop on the right foot
5. Step on the left foot forward

#### Measure 5

1. Hop on the left foot forward
2. Step on the right foot forward
3. Hop on the right foot while kicking the left foot down (Spusic)
4. Hop on the right foot in place
5. Step on the left foot in place

#### Measure 6

1. Step on the right in place
2. Step on the left in place
3. Leap to the right foot while extending the left foot sharply in front (bicycle step)
4. Leap to the left foot in place while lifting the left foot
5. Stamp on the right heel with the heel near the left toe.

#### Measure 7 - Move away from the center during this step

1. Step on right foot
2. Step on left foot
3. Step on right foot
4. Hop on right foot
5. Step on left foot

Measure 8 is the same as measure 7

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### Figure 6 - Zasechi - Cutting step

#### Measure 1

1. Step on the right foot back
2. Step on the left foot in place
3. Hop on the left while extending the right heel diagonally right
4. Hop on the left while extending the right heel directly ahead
5. Step on the right foot forward

Measure 2 is the same as measure 1 with opposite footwork

Measure 3 is the same as measure 1

Measure 4 is the same as measure 2

Measures 5-8 are the same as measure 7 in figure 5 ( the basic step backward)

### Pattern

Introduction - 10 measures

Figure 1 - Basic - 8 measures - repeat 1 time

Figure 2 - Zaigraj - 3 measures - repeat 4 times

Figure 1 - Basic - 8 measures - repeat 1 time

Figure 3 - Kosichka - 3 measures - repeat 4 times

Figure 1 - Basic - 8 measures - repeat 1 time

Figure 4 - Plesni - 4 measures - repeat 4 times

Figure 1 - Basic - 8 measures - repeat 1 time

Figure 5 - Nozhitsi (scissors) - 8 measures - repeat 2 times

Figure 6 - Zasechi - Cutting step - 8 measures - repeat 2 times

Figure 5 - Nozhitsi (scissors) - 8 measures - repeat 2 times

There is additional music left to start the dance from the beginning.

Presented by Iliana Bozhanova - Mendocino Folklore Camp 1998