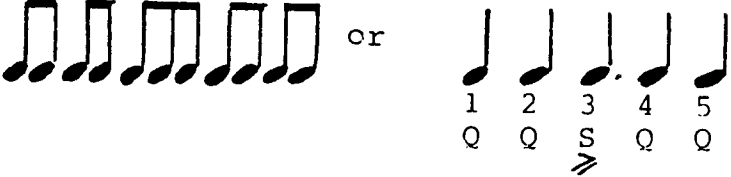


- TRANSLATION AND ORIGIN : This *Kopanica* comes from the village of Glavinica, Pazardzik District in West-Thrace (*Zapat na Trakija*).
1. The word *Kopanica* is derived from the verb *kopaja* (to dig)
 2. In dance and music terminology *Kopanica* means dance in 11/8 meter (2-2-3-2-2) and it is also the name of its basic step.
- Kopanica*'s are also popular in North-Bulgaria or *Severnjaško* (*Gankino*, *Lamba Lamba* and *Cibarsko*) and in West-Bulgaria, which is also none as the area of *Šopluk* (*Bistriška Kopanica* and *Ihtimanska Kopanica*). Their differences are reflected in tempo and regional dancestyle.
- MUSIC : LP "Folk Dances from Bulgaria - vol. 2" by Jaap Leegwater Balkanton BHA 11134. Side B, Band 6.
- METER : 11/8  or
- STYLE : *Trakijsko*
Glavinišjka Kopanica is a very good example of the dancestyle of the ethnographical region of Trakija. Its most characteristic features are:
1. *Prikleknalo Položenie*;
slight knee bend position or demi-plié
 2. *Nabivanè na pèta i čalo hodilo*;
stamps and slaps with the heel and the whole foot
 3. *Čukče*; chuck, this is almost like a low hop in which only the heel comes off and down onto the floor.
- This version is originally done by the men of the village of Glavinica. The dance consists of patterns of different lengths or amount of bars. Therefore the dancepatterns do not always coincide with the melodic phrase, which is typical for many Bulgarian dances.
- SOURCE : *Glaviniška Kopanica* now belongs to the basic dance repertoire for teachers and schools in Bulgaria and is also described in the more widely used Bulgarian dance manuals.
 It was learned by Jaap Leegwater as a student at the State Choreographer School in Plovdiv, Bulgaria in 1972 and 1975. His teacher was Dimitâr Dojčinov.
- FORMATION : Lines or hal circle.
 Hands; *za-pojas* or belt-hold position.
- INTRODUCTION : None.

<u>MEAS</u>	<u>PATTERN</u>	<u>BASIS</u>
1	facing ctr, step on R ft sdw R (ct 1), step on L ft across behind R ft, bending body slightly at waist (ct 2), step on R ft sdw R, straightening body (ct 3), hop on R ft, lifting L knee in front (ct 4), strike L heel next to R toes (ct 5)	
2	step on L ft sdwd L (ct 1), step on R ft across behind L ft (ct 2), step on L ft in place, extending R ft fwd along the floor (ct 3) repeat action of ct 3 with opp ftwk (ct 4), repeat action of ct 3 (ct 5)	} <i>Nošica</i> or <i>Siccors</i>
3-4	repeat action of meas 1-2	

Part 1 "Nabivane na pèta"
(heel strike)

1	facing ctr, step on R ft slightly diag R bkwd (ct 1), step on L ft fwd (ct 2), swing R ft ft across in front of L shin (ct 3), step on R ft fwd (ct 4), step on L ft fwd (ct 5)	
2	step on R ft across in front of L ft (ct 1), step back on L ft (ct 2), hop on L ft and step on R ft behind L ft (ct 3), hop on R ft (ct 4), step on L ft behind R ft (ct 5),	} <i>Plitčica's</i> or <i>Reel-Steps</i>
3	hop on L ft (ct 1), step on R ft behind L ft (ct 2), lift L knee in front and strike L heel next to R toes (ct 3), low leap onto R ft. lifting L knee in front (ct 4), strike R heel next to L toes (ct 5)	
4-6	repeat action of meas 1-3	
7	facing ctr, step on R ft fwd (ct 1), step on L ft (ct 2), swing R fr across in front of L shin (ct 3), step on R ft in LOD (ct 4), step on L ft in LOD (ct 5)	

(continued)

MEAS PATTERN Part 2 Nabivanè na čalo hodilo
(slap with the whole foot)

- 1-2 repeat action of meas 1-2 of Part 1
3 hop on L ft (ct 1), step on R ft behind L ft (ct 2),
chuck on both ft bkwd, slightly bending both knees (ct 3),
low hop on L ft, lifting R leg straight fwd in front (ct 4),
slap R ft fwd (ct 5),
4-6 repeat action of meas 1-3
7 repeat action of meas 7 of Part 1

Part 3 Dvojna nabivanè na čalo hodilo
(two times slap with the whole foot)

- 1-3 repeat action of meas 1-3 of Part 2
4 low hop on L ft, lifting R leg straight diag R fwd (ct 1),
slap R ft diag R in front (ct 2),
swing R ft across in front of L shin (ct 3),
step on R ft fwd (ct 4), step on L ft fwd (ct 5),
5-6 repeat action of meas 2-3
7¹ repeat action of ct 1-3 of meas 4 (ct 1-3),
step on R ft in LOD (ct 4), step on L ft in LOD (ct 5),
Note: the second time (see dancesequene), which is before
entering Part 4, meas 7 is done as follows:
7² repeat action of meas 4

Part 4 Plâskanè (Sliding)

- 1 step on R ft (ct 1), step on L ft (ct 2),
slap R ft in front, bending body at waist and bending
L knee (ct 3),
low leap onto R ft, lifting L leg fwd (ct 4),
slap L ft in front (ct 5),
2 turning face diag L, low leap onto L ft, lifting R leg
in front (ct 1), slap R ft in front (ct 2),
small chuck on both ft bkwd, wt is mainly on L ft (ct 3),
hop on L ft, lifting R leg in front (ct 4),
slap R ft in front (ct 5),
3 small chuck on both ft bkwd, wt is mainly on L ft (ct 1),
small chuck on both ft fwd, wt is mainly on L ft (ct 2),
repeat action of ct 3-5 of meas 2
4-5 repeat action of meas 2-3 with opp ftwk, now facing diag R
6 repeat action of meas 3

(continued)

DANCESEQUENCE

Basic	4 meas	} 2 x
Part 1	7 meas	
Basic	4 meas	
Part 2	7 meas	
Basic	4 meas	
Part 3	7 meas	
Part 4	6 meas	
Basic	4 meas	
Part 1	7 meas	
Basic	4 meas	
Part 2	7 meas	
Basic	2 meas	

Dancedescription by Jaap Leegwater © 1986

Presented at the 35th Annual Kolo Festival in Berkeley, California
November 27-30, 1986 by Jaap Leegwater