

Glaviniška Kopanica

(Glavinica, Western Thrace, Bulgaria)

This *Kopanica* belongs to a group of well known *Kopanici* (pl.) from western Bulgaria. Others in this family include: *Lamba Lamba*, *Plovdiska Kopanica*, *Ludo Kopano*, *Bistrička Kopanica*, et.al. I've based the steps below on several versions of this dance that I've learned over the past 35 years.

Source: Stefan Văglarov, Georgi Kinski, Belčo Stanev, and others.

Music: Festival 2008 CD or any good *Kopanica*

Formation: Short lines "na lesa" with a belt hold or "V" hold.

Rhythm: 11/16 1 — 2 — 3 — 4 — 5
 q q S q q

METER: 11/16

PATTERN

Meas

Basic Travelling

- 1 Facing R of center, Step Rft fwd (ct 1); Step Lft fwd (ct 2); Step Rft fwd (ct 3); Hop or bounce on Rft and bring Lft through (ct 4); Step Lft fwd (ct 5).
2-8 Repeat action of meas 1.

Basic Gankino with Sovalka

- 1 Repeat action of meas 1 of Basic Travelling
2 Continuing fwd, Step Rft fwd (ct 1); Step Lft fwd (ct 2); Turning to face center, Step Rft back and twizzle Lft heel (toe still touching ground) to R (*sovalka*) (ct 3); Step Lft to (slight leap) (ct 4); Step Rft to L behind Lft (ct 5);
3 Step Lft to L (ct 1); Step Rft to L behind Lft (ct 2); Step Lft to L (ct 3); Close Rft to Lft and bounce two times (cts 4, 5).
4-12 Repeat action of meas 1-3 of Basic Gankino with *Sovalka*.
13 Facing center, Step Rft to R (ct 1); Step Lft to R crossing behind Rft (ct 2); Step Rft to R (ct 3); Close Lft to Rft (ct 4); Hold (or bounce) (ct 5);
14 Reverse action of meas 13 to L.
15-16 Repeat action of meas 13-14 of Basic Gankino with *Sovalka*. This is actually a side to side step.

Side to Side with Čukni, Seči

- 1 Step Rft to R (ct 1); Step Lft to R crossing behind Rft (ct 2); Step Rft to R (ct 3); Hop on Rft in place and raise L knee up and in front (ct 4); Strike L heel beside Rft and slightly fwd (ct 5);
2 Step Lft to L (ct 1); Step Rft to L behind Lft (ct 2); Step Lft to L and extend Rft fwd touching ground (ct 3); Draw Rft back and extend Lft fwd (ct 4); Draw Lft back and extend Rft fwd (ct 5). These are "scissor" steps.
3-4 Repeat action of meas 1-2 of Side to Side with *Čukni Seči*.

Forward with Hook and Stamps

- 1 Facing center, Step Rft fwd (ct 1); Step Lft fwd (ct 2); Lift on Lft and Hook Rft in front of L shin (ct 3); Step Rft fwd (ct 4); Step Lft fwd (ct 5);
2 Step on Rft in front of Lft, or touch full Rft in front of Lft (ct 1); Step Lft back in place (ct 2); Step Rft behind Lft and bounce Lft fwd slightly against the ground (ct 3); Lift on Rft in place (ct 4); Step Lft behind Rft (ct 5);
3 Lift on Lft in place (ct 1); Step Rft in place (ct 2); Stamp Lft beside Rft (no wt) (ct 3); Leap slightly onto Lft in place (ct 4); Stamp Rft beside Lft (no wt) (ct 5).
4-6 Repeat action of meas 1-3 of Forward with Hook and Stamp.

Forward with Hook and Slap

- 1-2 Repeat action of meas 1-2 of Forward with Hook and Stamps.
3 Hop on Lft and bring Rft around and in back (ct 1); Step Rft directly behind Lft so that R toe is to the L of Lft (ct 2); In this crossed foot pos, Chug back on both feet (ct 3); Hop on Lft in place and bring extended R leg fwd (ct 4); Slap Rft fwd (knee extended, no wt) (ct 5);
4-9 Repeat action of meas 1-3 of Forward with Hook and Slap.
10 Hop again on Lft in place leaving Rft extended fwd (ct 1); Slap Rft fwd again (ct 2); Jump onto both feet (Rft fwd) with accent (ct 3); Hop on Rft in place (ct 4); Step on Lft in front of Rft (ct 5);
11-12 Repeat action of meas 1-2 of Side to Side *Čukni, Seči*

Prancing

- 1 Continuing the scissor step above, Draw Rft back and extend Lft fwd low (ct 1); Draw Lft back and lift Rft up (ct 2); Jump onto both feet with Rft in front of Lft but feet close together (ct 3); Leap onto Rft to R (ct 4); Step Lft behind Rft to R (ct 5);
2 Step Rft to R (ct 1); Step Lft behind Rft (ct 2); Draw Rft back (scissor) and extend Lft fwd (ct 3); Draw Lft back and extend Rft fwd (ct 4); Draw Rft back and extend Lft fwd (ct 5);
3 Step Lft to L and raise R knee up and in front sharply (ct 1); Step ball of Rft in front of Lft (ct 2); Step Lft to L and raise R knee up and in front sharply (ct 3); Step ball of Rft in front of Lft (ct 4); Step Lft to L (ct 5). This "prancing" step has a down – up – down – up – down motion.
4-6 Repeat action of meas 1-3 of Prancing step.
7 Repeat action of meas 1 of Prancing Step
8 Step Rft to R (ct 1); Step Lft behind Rft (ct 2); Strike R heel in front of Lft (ct 3); Step Rft beside Lft (ct 4); Strike Lft beside Rft (ct 5);
9 Step Lft beside Rft (in place) (ct 1); Strike R heel fwd (ct 2); Tap ball of Rft back near Lft (ct 3); Cukce on Lft (raise and lower L heel) and bring Rft fwd (ct 4); Brush Rft backward (ct 5);
10-12 Repeat action of meas 7-9 of Prancing Step.

Stamp and Drag

- 1 Repeat action of meas 1 of Forward with Hook
2 Step Rft across and in front of Lft (ct 1); Step Lft back to place (ct 2) Strike R heel slightly in front (ct 3); Leap onto Rft in place (ct 4); Strike Lft slightly fwd (ct 5);
3 Step Lft in place (ct 1); Strike R heel slightly fwd (ct 2); Drag Rft, leg extended diagonally back to R (ct 3); Hop on Lft (ct 4); Stamp or Slap Rft fwd (ct 5);
4-6 Repeat action of meas 1-3 of Stamp and Drag.

Drag R and L

- 1 Turning to face diagonally L of center, Bounce on Lft and Drag Rft, leg extended, back diagonally to R (ct 1); Bounce on Lft again and drag Rft across and diagonally in front of Lft (ct 2); Repeat action of ct 1 (ct 3); Hop on Lft and raise R knee up in front (ct 4); Slap Rft fwd with leg extended (ct 5).
2 Turning to face center, Leap onto Rft in place (ct 1); Stamp Lft beside Rft (ct 2); Drag Lft diagonally back to L (ct 3); Hop on Rft in place (ct 4); Slap Lft fwd (ct 5).
3-4 Reverse action of meas 1-2 of Drag R and L.
5-8 Repeat action of meas 1-4 of Drag R and L.