

Kopanitsa (Lesnovo)

A male-female "led" dance from the village of Lesnovo, Shopluk region, Midwest Bulgaria. Hold on belt ("Na lessa"). Meter: 11/16, third section stretched out (2,2,3,2,2).

The Kopanitsa (Lesnovo) dance has 2 figures: the simple pattern in 3 measures, performed several times in a circle and the complex one, performed in a line by man.

Starting position: The dancers stand in a semi-circle facing the center.

The basic pattern (First figure):**First measure:**

- At "one" – step on R foot to the R
- At "two" – step on L foot to the R
- At "three" – step on R foot to the R
- At "four" – very little hop on R foot to the R
- At "five" – step on L foot to the R

Second measure:

- At "one" – step on R foot to the R
- At "two" – step on L foot to the R
- At "three" – step on R foot to the R
- At "four" – step on L foot to the R facing center
- At "five" – pause

Third measure:

- At "one" – step on L foot to the L
- At "two" – step on R foot to the L
- At "three" – step on L foot to the L
- At "four" – step on R foot to the L facing center
- At "five" – pause

Description of motions performed by man

Second figure:**First measure:**

- At "one" – both feet are slid over the ground; R foot forward and L – backwards.
- At "two" – the R foot slides backwards, the L foot is stretched out in an open flexion down to the L.
- At "three" – with a tap the L foot joins the R, which is lifted off the ground.
- At "four" – hop on L foot, the R foot is in an open flexion pointing forward and down.
- At "five" – step on R foot forward

Second measure:

- At "one" – hop on R foot, the L foot is stretched out in an open flexion pointing forward and down.

At "two" - step on L foot forward; the R foot is lifted off the ground
At "three" - hop on L, R foot make a circle ("up"- "down")
At "four" - hop on L (R foot finishes the circle motion)
At "five" - step on R foot in place

The dance starts from the beginning is lasts until required.