

MALI IZVORSKI OPAS

Мали Изворски Опас

(Dobrudža - Bulgaria)

A variation on the popular Opas dance type found throughout Dobrudža. From the village of Mali Izvor near the town of Dobrič.

Music: Yves Moreau CD
Rhythm: 2/4
Formation: Short lines , belt hold, L over R or front basket hold. Wt on L. Fac ctr.
Style: Heavy, bent knees and proud, straight upper body.

Meter 2/4

Pattern

1-4 Intro. music. No action.

1. Basic Pravo

- 1 Facing ctr, step on R to R (1), step on L in front of R (2)
- 2 Step on R to R (1) lift L leg up, bent knee (2)
- 3 Step on L in place (1) lift R leg up, bent knee (2)

2. Pravo with close

- 1-2 Repeat pattern of meas. 1-2, Fig. 1
- 3 Step on L in place (1) lift R leg up but with circular motion out to R side and fwd (2)
- 4 Close R to L, bending upper body fwd (1) Pause (2)

3. Stamping Pravo

- 1 Step on R to R with heavy flat-footed accent (1) step on L in front of R with same heavy flat footed accent (2)
- 2 Quick flat step on R slightly R, lifting L knee (1) quick flat stamp with ball of L next to R with wt (&) quick flat hop on R in place (2) quick flat stamp with L next to R, no wt (&)
- 3 Heavy step with L slightly to L (1) sharp stamp with R, no wt, next to L (2)

4. Right and left

- 1 Large step to R with R (1) large step on L behind R (2)
- 2 Large step on R to R (1) bring R leg close to R and out to L diag. with straight knee (2)
- 3-4 Same as meas. 1-2 with reverse dir and ftwrk

5. Stamping Pravo with close

- 1-3 Same as meas. 1-3, Fig. 3
- 4 Stamp with R slightly fwd, no wt (1) stamp again with R, no wt (2)
- 5 Heavy step slightly fwd on R (1) hop on R, L leg extends fwd (2)
- 6 Heavy step slightly fwd on L (1) bring R ft behind L calf (2)
- 7 Step back on R (1) step back on L (2)
- 8 Step on R to R, twisting to R (1) hop on R swinging L knee across R (2)
- 9-10 Repeat pattern of meas 3-4, Fig. 2

Leader calls figures at will

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