

## (Bulgaria)

**SOURCE:** Learned by Petur Iliev, fall of 1988, from one of the best and oldest representatives of the Dobrudzhan style, Bai Ivan from Silistra. This dance is one of the most popular from Dobrudzhan ethnographic area, found in northeastern Bulgaria. The performers of this dance, men and women, join in a particular fashion called "za opas" from which the dance takes its name.

**TRANSLATION:**

**PRONUNCIATION:** si-LI-stren-ski OP-as

**MUSIC:** Petur Iliev - Bulgarski Narodni Tanci, Side B, No. 5; or Balkan Beauties tape

**FORMATION:** Open circle. Za opas holds. M & W

**METER:** 2/4

PATTERNMeas

Introduction:

PART I (9 meas)

- 1 Step R to R facing fwd (ct 1); step L, crossing behind R, bending both knees (ct 2)
  - 2 Step R to R side (ct 1); lift R, L ft raised (ct 2)
  - 3 Step L, crossing in front of R, bending both knees, facing R (ct 1); lift L, R up, facing fwd (ct 2)
  - 4 Touch ball of R ft, knee pointing in twd L and twist knee out (ct 1); lift L, R ft up, bending both knees (ct 2)
  - 5 Step R ft fwd (ct 1); hop R, L ft up (ct 2)
  - 6 Step L ft fwd (ct 1); stomp R ft close to L (ct 2)
  - 7 Jump R back (ct 1); jump L back (ct 2)
  - 8 Step R,L very quickly (ct 1); step R,L very quickly (ct 2)
  - 9 Jump from R to L (ct 1); touch R heel fwd (ct 2)
- Rpt Part 1 four times.

PART II (10 meas)

- 1 Step R to R (ct 1); step L crossing behind, bending both knees, R ft up (ct 2)
  - 2 Step R to R (ct 1); lift R twisting L knee in, then out (ct 2)
  - 3 Rpt meas 1, cts 1,2 of Part II with opp ftwk (step L, etc)
  - 4 Step L to L (ct 1); lift L, kick R ft fwd (ct 2)
  - 5 Swing R ft around to R, tch R heel (ct 1); hold pos (ct 2)
  - 6 Hold pos of meas 5, ct 2 above(ct 1); bend both knees, R ft flat, hold pos (ct 2)
  - 7 Jump from R to L (ct 1); stomp R ft fwd (ct 2)
  - 8 Jump from L to R (ct 1); stomp L ft fwd (ct 2)
  - 9 Step R,L very quickly (ct 1); step R,L very quickly (ct 2)
  - 10 Jump from R to L (ct 1); stomp R ft fwd (ct 2)
- Rpt Part II twice.  
Rpt entire dance from beg.