

SILISTRENSKI OPAS (sih-lih-stren-skih oh-pahs)
(Bulgaria)

From Dobrudza in N.E. Bulgaria, where the opas is a widespread dance form, related to the pravo. Introduced in Calif. by Yves Moreau.

Music: RPC BG-1001 (2/4 meter)

Formation: Short mixed lines (8-10 people) with belt or front basket hold (L hand over R). Rather heavy style, with knee-bend on each step

Meas.
1-8 Introduction

Step I (Pravo)

1 Facing cntr, step to R on R (ct 1); step L across R (2).
2 Step to R on R (1); raise L knee as R heel rises and drops to floor again (hereafter referred to as a "lilt") (2). L ft does not swing across R.
3 Step straight back on L (1); raise R knee as lilt on L ft (2).
4-24 Repeat meas 1-3 seven more times.

Step II (Pravo Variation)

1-2 Same as meas 1-2 in Step I.
3 Step on L beside R (1); keeping knees together, R ft moves out and fwd in a slight circular path, toe turned in, as body bends fwd at the waist (2).
4 Place R heel on floor, beside or slightly ahead of L ft as box finishes the bend fwd (1); hold (2).
5-32 Repeat meas 1-4 seven more times, bringing body suddenly erect on ct 1.

Step III (Pravo Variation with Stamp)

1 Step R on R (1); step L across R (2).
2 Step R on R (1); hop on R (2).
3 Step fwd twd cntr on L (1); Hop on L (2).
4 Step straight back on R (1); step back on L (2).
5 Step back on R (1); raise L knee and lilt on R ft (2).
6 Step L next to R ft (1); stamp R next to L, no wt (2); bend torso fwd on stamp, twist slightly to L.
7-24 Repeat meas 1-6 three more times.

Step IV (Basic Opas)

1 Step fwd ard to R on R(1); scuff L ft fwd next to R (2).
2 Step fwd twd cntr on L (1); scuff R fwd next to L (2).
3 Small leap bwd onto R (1); tap L toe sharply next to R ft (&); small hop back on R (2); tap L toe sharply next to R ft (&).
4 Small leap onto L next to R (1); small sharp stamp with R next to L (no wt) (2).
5-8 Repeat meas 1-4.

Step V (Opas with Variation)

1 Step to R on R (1); step L across R (2).
2 Step R (1); touch L next to R (&); step R in place (2).
3 Step fwd twd cntr on L (L); swing R ft out and fwd as in meas 3 of Step II (2).
4 Chug sharply bwd on both ft, bending fwd at the waist(1)hold(2)
5 Step fwd on L, bending torso back and to R(1); stamp R by L (2) (no wt).
6 Step bwd on R (1); step bwd on L (2).
7-8 Same as meas 3-4 in Step IV.
9-32 Repeat meas 1-8 three more times.

Taught at 1975
Camellia Festival by
Dean and Nancy
Linscott.