

SILISTRENSKI OPAS (SIH-lihs-trehn-skih OH-pahs) - Bulgarian

Opas is related to the "Pravo" dance type and is widespread throughout Dobrudza in northeast Bulgaria. This version is often done by both men and women. It was danced by the Silistra group participating at the National Folklore Festival in Koprivstica, Bulgaria, summer, 1971.

Meter: 2/4. Formation: Lines of 8-10 people, men and women mixed or segregated, using either belt or front basket hold, left over right. Face ctr. Weight on L. Style: Rather heavy. Definite knee bend. Back arched backward slightly. Movements proud and strong. Occasional shoulder twists and shaking.

Meas PATTERN

1-8 Introduction.

I. Pravo

- 1 Step on R to R (ct 1). Step on L across R (ct 2).
- 2 Step R to R (ct 1). Still on R, raise L knee (ct 2).
- 3 Step on L directly bkwd (ct 1). Still on L, raise R knee (ct 2).
- 4-24 Repeat action of measures 1-3, seven more times.

II. Pravo Variation

- 1-2 Repeat action of measures 1-2, Fig. 1
- 3 Step on L next to R (ct 1). Send R out to R keeping knees close together. R leg describes slightly circular movements to side and fwd (ct 2). Upper part of body bends down on this ct.
- 4 Close R heel (or R) next to L (ct 1). Hold (ct 2).
- 5-32 Repeat pattern of measures 1-4, Fig. II, seven more times.

Sequence for dance is as follows:

- Introduction: 8 measures.
- Fig. I, Basic Pravo, 8 times
- Fig. II, Pravo Variation, 8 times
- Fig. III, Pravo Variation with Stamp, 4 times.
- Fig. IV, Basic Opas, 2 times
- Fig. V, Opas Variation, 4 times.

Note: Above sequence set by Yves Moreau for available recording; Individual figures as danced in Silistra region. (Presented by: Yves Moreau).