

SITNA KOPANICA or GANKINO
(Bulgaria)

SOURCE: "Kopanitsa" is a dance-type synonymous with "Gankino" in the extreme western region of Bulgaria. It has many variants, some of which are highly complex and performed by men only. The name "kopanitsa" comes from the word "kopam" meaning "to dig", and refers to the digging movements of the feet in certain figures.

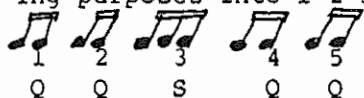
These are individual variations Dick Crum learned from the "Tanec" Dance Ensemble and from Bulgarian immigrant dancers in Pittsburgh, Pa. The 4 fig given here are but a small fraction of the rich variations done in Bulgaria.

PRONUNCIATION: SEE-na koh-pahn-ITSA - GAHN-kino

MUSIC: Folk Dancer MH OP 104, Band 5, Gankino-Shopska Kopanitsa

FORMATION: Dancers in lines or one large open circle, facing ctr; hands held down, or using belt hold

RHYTHM: The rhythm is Gankino-type, 11/16, most easily broken down for learning purposes into 1-2-3-4-5, with a hold on ct 3.



METER: 11/16

PATTERN

Meas

Introduction:

FIGURE I. (Basic Step)

- 1 Step R ft to R (ct 1); step L in back of R (ct 2); step R ft to R (ct 3); hop on R ft, bringing L ft around in front (ct 4); step on L ft to R of R ft (ct 5)
- 2 Step R ft to R (ct 1); step L ft in back of R ft (ct 2); step R ft to R (ct 3); close L ft to R ft sharply (ct 4); pause (ct 5)
- 3 Step L to L (ct 1); step R behind L (ct 2); close R sharply (ct 3); hold (cts 4-5)

FIGURE II.

- 1 Step R to R (ct 1); step L behind R (ct 2); step R to R (ct 3); step L in front of R (ct 4); step R to R (ct 5); step L behind R (ct 6)
- 2 Step R to R (ct 1); step L behind R (ct 2); tap L toe beside R and bend fwd slightly (ct 3); still bent fwd, tap L heel beside R (ct 4)
- 3 Rpt meas 2 with opp ftwk and direction

FIGURE III.

- 1 Rpt meas 1, Fig I (R to R; L behind; R to R; hop R; 1X)
- 2 Face diag R, step R-L in place (ct 1-2); step R,L,R, raise free knee high (cts 3-5)
- 3 Step L to L (ct 1); close R to L (ct 2); step L to L (ct 3); hop L in place, raise R ft fwd rather high (ct 4); slap R sole with accent bringing R down and back across its place (ct 5)

NOTE: During consecutive repetitions of this Fig, cts 1-2 of meas 1 are done in place, then to the R.

As taught by Michael Ginsburg
at Maine Folk Dance Camp 1986