

# ŠOPSKA KOPANICA

(Bulgaria)

A variation on the popular Kopanica or Gankino dance type found in Western Bulgaria. Learned from the *Georgi Dimitrov* amateur performing group Sofia, 1966. First presented at a workshop in San Francisco, California, February 1969. This one has often been called the "left moving" Kopanica.

PRONUNCIATION: HOHP-skah KOH-pah-nee-tsah

MUSIC: Yves Moreau workshop cassette

RHYTHM: 11/16 quick-quick-SLOW-quick-quick

FORMATION: Short lines , belt hold, L over R. Wt on L. Face slightly R of ctr.

STYLE: Small and light steps

STEPS: Twizzle to R: step on ball of R diag bkwd R, twisting both heels to R.

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METER: 11/16

PATTERN

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Meas

1-2 Introduction: drumming (tapan). No action

### 1. "Izlizane" (entrance step)

1 Moving in LOD, step R (1) step L (2) facing ctr, jump onto both feet slightly apart, knees slightly bent (3) hop on R, raising L across R, knee bent, and turning to face LOD (4) step L (5)  
2-8 Repeat action of meas 1, seven more times

\* **Transition step** (done only once, the first time "Vodi" is called following the "Izlizane" figure:

1 Moving in LOD, step R (1) step L (2) facing ctr, twizzle to R (3) step L to L (4) step R behind L (5)

### 2. "Vodi" (lead)

1 Moving diag. fwd L, step L (1) step R (2) step L (3) lift on L, raising R ft across, knee bent (4) step R (5)  
2 Turning to face ctr, lift on R (1) step L across in front of R (2) sharp "flick" of R leg across L, knee bent (3) moving diag bkwd R, step on ball of R ft (4) close L to R (5)  
3 Still moving diag bkwd R, step on ball of R ft (1) close L to R (2) facing ctr, twizzle to R (3) step L to L (4) step R behind L (5)  
4-16 Repeat pattern of meas 1-3, Fig. 2, 4 more times

### 3. "Vraži" (small leap)

1 Repeat action of meas. 1, Fig. 2  
2 Lift on R, turning R to face LOD (1) moving in LOD, step L (2) leap on ball of R just before ct 3 (&) step on L (3) (This is often referred to as a "bloop-bloop" step) step on R (4) step on L (5)  
3 Still moving and facing LOD, step R (1) step L (2) facing ctr, twizzle to R (3) step bkwd on L (4) step bkwd on R (5)  
4-9 Repeat action of meas 1-3, Fig. 3, two more times

Meas

**4. "Edin Ostavi" (leave one out)**

- 1-2\* Repeat action of meas 1-2, Fig. 3  
3 Still moving and facing LOD, step R (1) step L (2) step R (3) leap fwd on L (4) leap bkwd on R (5)  
4 Still facing LOD, step bkwd on L (1) step bkwd on R (2) turning to face ctr, step L to L (3) hop on L, turning to face ctr and raising R leg fwd (4) slap R ft down and towards back (5)  
\* on repeats of Fig. 4, replace first 2 cts of meas 1 by: step bkwd on L (1) close R to L (2)  
5-20 Repeat action of meas 1-4, Fig. 4, four more times

\* **Transition step** (done only once, the first time "Gradi" is called following the "Edin Ostavi" figure:  
1 Facing ctr, step bkwd on R (1) step bkwd on L (2) step fwd on R (3) close ("click") L ft next to R sharply (4) hold (5)

**5. "Gradi" (to build)**

- 1 Facing ctr, step bkwd on L (1) step slightly bkwd on R (2) step fwd L (3) hop on L just before ct 4 (&) step R fwd (4) hold (5) hop on R just before ct of  
2 meas 2 (&) Step L fwd (1) hold (2) hop on L just before ct 3 (&) stamp R ft fwd, no wt, (3) hop on L in place (4) step bkwd on R (5)  
3-14 Repeat pattern of meas 1-2, Fig. 5, six more times

**6. "S pusek" (with a kick)**

- 1 Repeat action of meas 1, Fig. 5  
2 Repeat action of first 3 counts of meas 2, Fig. 5 (cts 1,2,3). Leap onto R, L leg raised out to L side, knee bent (4) Hold (5)  
3 Hop on R in place, rotating raised L leg to point fwd, knee still bent (1) step L fwd (2) hop on L, kicking R sharply fwd (3) hop on L, raising R, knee bent (4) step bkwd on R (5)  
4-12 Repeat pattern of meas 1-3, Fig. 6, 3 more times

**7. "Stoj" (stop)**

- 1 Leap on L, turning to face diag L, raising R, knee bent (1) leap onto R, turning to face diag R, raising L, knee bent (2). Leap on L, turning to face ctr, raising R fwd, knee bent (3) hold (4,5)  
2 Hop on L in place (1) repeat action of last 4 cts of meas 2, Fig. 6 (cts 2,3,4,5)  
3 Repeat action of meas 3, Fig. 6  
4-12 Repeat pattern of meas 1-3, Fig. 6, 3 more times

**8. "Kraj" (ending)**

- 1 Facing ctr, step on L to L (1) step on R behind L (2) step on L to L (3) hop on L, raising R knee (4) stamp with R next to L, no wt (5)  
2 Facing ctr, step on R to R (1) step on L behind R (2) step on R to R, turning to face R (3) hop on R raising L leg up straight knee (4) slap L ft down and back (5)  
3 Facing R of ctr, step back on L (1), step back on R (2) step back on L (3) hop on L raising R ft off ground (4) touch R toe on floor (5)  
4 Hop on L (1) touch R toe again on floor (2) hop on L turning to face ctr and sharply kicking R ft straight fwd, straight knee (3) leap on R in place (4) sharp stamp with L next to R, no wt (5)  
5-8 Repeat pattern of meas 1-4, 1 more time

**Suggested sequence with this music:**

Intro (drum: 2 meas; Fig. 1 (8 times); Fig. 2 (5 times); Fig. 3 (3 times); Fig. 4 (5 times) Fig. 5 (7 times); Fig. 6 (4 times); Fig. 7 (4 times); Fig. 8 (2 times).