

TROPANKA

Тропанка

(Dobrudža, Bulgaria)

One of the many variations on the dance *Tropanka*, widespread throughout Dobrudža in Northeastern Bulgaria. Tropanka means «stamping dance». The dance has an interesting structure of 15 meas. Learned from Belčo Stanev.

Pronunciation: TROH-pahn-kah
Music: Yves Moreau CD
Rhythm: 2/4
Formation: Open circle or lines. Hands joined down at sides.
Face LOD, wt on L ft.
Style: Earthy

Meter 2/4

Pattern

1-8 Slow bagpipe music then regular tempo with drum. No action.

Basic Figure

- 1 Facing ctr, quick low stamp with R ft next to L, no wt (1) another quick low stamp with R ft next to L, no wt (2)
- 2 Travelling in LOD, step on fwd on R (1) hold (2)
- 3 Still travelling in LOD, step fwd on L (1) hold (2)
- 4 Step fwd on R (1) quick step on L closing behind R (2)
- 5 Quick step on R fwd (1) hold (2)
- 6 Facing ctr, step fwd on L (1) hold (2)
- 7 Step back onto R (1) hold (2)
- 8 Step fwd on L (1) quick step fwd on R closing behind L (2)
- 9 Step fwd on L (1) quick stamp on R behind L ft, no wt (2)
- 10 Step back onto R ft (1) light lift onto R (2)
- 11 Step on L to L (1) close R ft quickly to L ft (2)
- 12 Step on L to L (1) hold (2)
- 13 Step fwd on R (1) hold (2)
- 14 Step back on R (1) hold (2)
- 15 Stamp R ft, no wt, slightly turned out (1) hold (2)

Dance repeats from beginning

Description © by Yves Moreau