

## Ihtimanska Kopanica

(Bulgaria)

This is a women's Kopanica from Ihtiman, Šop region (Western Bulgaria). The word "Kopanica" is derived from the verb "Kopaja" ("to dig"). In dance and music terminology, Kopanica means a dance in 11/8 meter (2-2-3-2-2) and it is also the name of its basic step.

Pronunciation: ee-tee-MAHN-skah KOP-ah-nee-tsah

Music: 11/8 meter *Bulgarian Folk Dances with Jaap Leegwater,*  
counted as 1, 2, 3, 4, 5 Stockton Edition, Track 6

Formation: Open circle. Hands belt hold, R arm under, L arm over.

Steps & Styling: This dance is performed in the typical Šop style, i.e., small energetic steps with knee lifting and reaction of the upper part of the body to that. Shoulders are relaxed so they can bounce naturally on the rhythm of the steps ("Natrisane").

Kopanica step: Step on R (ct 1); step on L (ct 2); small lift on L immediately followed by a step on R (ct 3); hop on R, raising L knee (ct 4); step on L (ct 5).

Scissors step R: A slight leap onto R, displacing L ft and moving it quickly fwd with knee straight.

<u>Meas</u>	<u>11/8 meter</u>	<u>Pattern</u>
		<u>INTRODUCTION</u> . None. (Drumming)
	I.	<u>NABIVANE</u> (Stamp)
1		Facing ctr, step R to R (ct 1); step L behind R (ct 2); step R to R, bending R knee and slightly raising L knee (ct 3); place L heel next to R toes (ct 4); hold (ct 5).
2		Repeat meas 1 with opp ftwk and direction.
3-8		Repeat meas 1-2 three more times.
	II.	<u>DVOJNA NABIVANE</u> (double stamp)
1		Facing ctr, step R to R (ct 1); step on L behind R (ct 2); step R to R, bending R knee and slightly raising L leg diag L (ct 3); bending body slightly fwd at waist, strike L heel on the floor diag L (ct 4); strike L heel on the floor straight fwd (ct 5).
2		Repeat meas 1 with opp ftwk and direction.
3-4		Repeat meas 1-2.
5		Two steps fwd twd ctr R, L (cts 1-2); step R in place, bending R knee and slightly raising L leg diag L (ct 3); bending body slightly fwd at waist, strike L heel on the floor diag L (ct 4); strike L heel on the floor straight fwd (ct 5).
6		Two steps bkwd L-R (cts 1, 2); step L in place, raising R heel bkwd (ct 3); tap R toes twice straight bkwd, looking across R shldr (cts 4-5).

## Ihtimanska Kopanica — continued

- 7 Repeat meas 5.
- 8 Two steps bkwd L-R (cts 1, 2); leap onto L flicking R behind (ct 3); hop on L and flick R in front (cts 4-5).
- 14 Repeat meas 13.
- III. NOŠICA (Scissors)
- 1 Facing ctr, step on R to R (ct 1); step on L behind R (ct 2); step R to R, bending R knee and raising L knee high (ct 3); step on L in front of R (ct 4); step R in place (ct 5).
- 2 Repeat meas 1 with opp ftwk and direction.
- 3-4 Repeat meas 1-2.
- 5 Scissors step R: a slight leap onto R, displacing L ft and moving it quickly fwd with knee straight (ct 1); reverse ftwk for Scissors step L (ct 2); leap onto R in place, bending R knee and raising L leg diag L (ct 3); bending body slightly fwd at waist, strike L heel on the floor diag L (ct 4); strike L heel on the floor straight fwd (ct 5).
- 6 Repeat meas 5 with opp ftwk.
- 7-8 Repeat meas 5-6.
- 9-16 Repeat meas 1-8.
- IV. KOPANICA
- 1 Facing diag R and moving in LOD, one Kopanica step.
- 2 Step on R (ct 1); step on L (ct 2); facing ctr, twist the body around the L heel so that the L toe points to the L, immediately followed by a step on R directly behind L heel (ct 3); step L to L (ct 4); step R behind L (ct 5).
- 3 Step L to L (ct 1); step R behind L (ct 2); low hop on R, raising L knee, immediately followed by a step on L next to R (ct 3); step on R in front of L (ct 4); step L in place (ct 5).
- 4 Scissors step R in place (ct 1); scissors step L in place (ct 2); low hop on L, swinging R raised up across L shin (ct 3); moving in LOD, leap onto R (ct 4); step on L (ct 5).
- 5-16 Repeat meas 1-4 three more times.

Presented by Jaap Leegwater