

PAZARDŽIJSKA KOPANICA

Bulgaria

TRANSLATION: "Kopanica line dance" from the region of the town of Pazardzik in the transition area between Sopluk and Trakia. Kopanicari translates to diggers, woodcarvers, which might either indicate that this type of dance was originally associated with the people practicing this profession, or could also be a reference to the complex foot patterns and curved movements in the dance. Among dancers and musician the word Kopanica is often used to indicate a dance in 11/8 (2-2-3-2-2) meter. The Kopanica's of the Pazardzik region are usually slower and often start out with a walking pattern, since they are traditionally done to songs.

METER: 11/8  or 

MUSIC: - CD "FOLK DANCES FROM BULGARIA"
with Jaap Leegwater 2002 PAZARDŽIJSKA KOPANICA


SOURCE: Learned by Jaap Leegwater as a student at the Choreographers School in Plovdiv in 1975.

STYLE: *West Trakia* with *Sopski* elements
- light and fluent
- the upper part of the body moves slightly fwd in connection with the lifting of the knees
- keep the shoulders relaxed so they can bounce naturally on the rhythm of the steps. The Bulgarians call this *natrisane*





FORMATION: Long lines, open or half circle.
Hands held at belt hold position, L arm over.

INTRODUCTION: dance starts after the slow *Na Trapeza* introduction

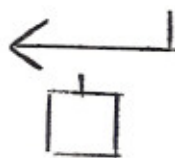
DIRECTION MEASCT PATTERN Part 1 Hodene i Kopanica
 ("Walking and Kopanica-step")

	1	1	flat "reaching" step on R ft, leaning slightly into R hip	
		2	moving L leg in LOD	
		3	flat "reaching" step on L ft, leaning slightly into L hip	
		4	moving R leg in LOD	
		5	flat "reaching" step on R ft, leaning slightly into R hip	
	2		repeat action of meas 1 with opp ftwk	
	3-8		repeat action of meas 1-2 three more times	
	5	1	step on R ft	
		2	step on L ft	
		3	step on R ft	<i>Kopanica - step</i>
		4	lift on R ft , lifting L knee	
		5	step on L ft	
	9-16		repeat action of meas 5 three more times	

Part 2 Na Vatre ("Inside")

	1	1-2	step on <i>L & R ft</i>	
		3	step on L ft	
		4-5	step on R ft	
	2	1-2	step on L ft	
		3	step on R ft	
		4	hop on R ft, sharply lifting L knee in front	
		5	step on L ft	
	3	1	step on R ft	
		2	step on L ft	
		3	step on R ft	<i>Kopanica - step</i>
		4	lift on R ft , lifting L knee	
		5	step on L ft	
	4	1	step on R ft	
		2	step on L ft	
		3	small lift on L ft at the same time turning R heel in and step on R ft slightly bkwd	<i>Sowalka</i>
		4	step on L ft	
		5	step on R ft behind L ft	

DIRECTION MEASCT PATTERN Part 2 continued)



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|------|---|--|
| 5 | 1 | step on L ft |
| | 2 | step on R ft behind L ft |
| | 3 | stamp on L ft tw ctr, without wt, R ft staying behind |
| | 4 | step back on R ft |
| | 5 | step on L ft in same place as on ct 3 |
| | | |
| 6 | 1 | step back on R |
| | 2 | step on L ft next to R ft, taking wt of R ft |
| | 3 | stamp on R ft twd ctr, without wt, leaving L ft behind |
| | 4 | step back on L ft |
| | 5 | step on R ft in same place as on ct 3 |
| | | |
| 7 | | repeat action of meas 6 with opp ftwk |
| | | |
| 8 | 1 | step back on R ft |
| | 2 | step on L ft next to r ft, taking wt of R ft |
| | 3 | stamp with R ft in place toes slightly turned out |
| | 4 | stamp on R ft next to Lft toes parallel |
| | 5 | hold |
| | | |
| 9-16 | | repeat action of meas 1-8, keeping a hold on cts 1-2 of meas 9 |

The dance repeats from the beginning