

**KOPANITSA**  
**Rhythm 11/8a – QQSQQ**  
**From Shopluk folk area**

KOPANITSA is one of the basic dances in West Thrace and Shopluk areas. You can see many different variations. In my dance there are 2 figures. Depending on the dancer's abilities, you can choose both of figures or only dance the first one. KOPANITSA is a mixed dance in an open circle with a leader-a very good dancer. The hands are on the belts. LOD – right side in the circle.

**Figure 1 – 12 meas.**

Meas.1 – facing LOD

- 1.Step on R ft fwd to LOD
- 2.Step on L ft fwd to LOD
- 3.Step on R ft fwd to LOD
- 4.Hop on R ft
- 5.Step on L ft fwd to LOD

Meas.2,3,4,5 – same as Meas.1

Meas.6 – facing LOD

- 1.Hop on L ft fwd to LOD
- 2.Step on R ft fwd to LOD, while straightening L ft down fwd
- 3.Brush with L ft fwd, while hopping on R ft
- 4.Hop on R ft
- 5.Step on L ft fwd to LOD

Meas.7

- 1.Step on R ft fwd to LOD
- 2.Step on L ft fwd to LOD
- 3.Step on R ft bkwd, while “sovai”-twisting L heel to R side and turning facing center
- 4.Step on L ft to L side
- 5.Step on R ft behind L ft

Meas.8 – facing center

- 1.Step on L ft to L side
- 2.Step on R ft behind L ft
- 3.Step on L ft fwd – toward center
- 4.Hop on L ft
- 5.Step on R ft fwd

Meas.9 – facing center

- 1.Hop on R ft
- 2.Step on L ft fwd
- 3.Step on R ft to R side, while sharply turning to facing right side
- 4.Hop on R ft
- 5.Step on L ft across R ft

Meas.10 – facing center

- 1.Step on R ft to R side
- 2.Step on L ft behind R ft
- 3.Step on R ft to LOD, while preparing L ft for “hlopka”-left side in the air
- 4.”Hlopka” - close L ft next to R ft
- 5.Hold (Pause)

Meas.11 – facing center

- 1.Step on L ft to L side

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- 2.Step on R ft behind L ft
- 3.Step on L ft to L side
- 4.Hop on L ft, while kicking up R ft to L side with straightened knee
- 5.Stamp on R ft diagonally left, keeping the straightened knee

Meas.12 – facing diagonally left

- 1,2 . Hold (Pause)
- 3.Step on R ft next to L ft, while sharply turning to R side
- 4.Hop on R ft
- 5.Step on L ft to LOD

**Figure 2** – 8 meas.- facing center

Meas.1 - 1.Step on R ft fwd toward center

- 2.Step on L ft fwd
- 3.Step on R ft fwd
- 4.Hop on R ft
- 5.Step on L ft fwd

Meas.2 - 1.Stamp R heel diagonally right, while bending L knee and the body fwd

- 2.Stamp R heel fwd, while bending L knee and the body fwd
- 3.Step on R ft in place, while sharply turning to R side. Straight the body
- 4.Hop on R ft
- 5.Step on L ft across R ft

Meas.3 – same as Meas.1, but bkwd

Meas.4 - 1.Hop on L ft

- 2.Step on R ft bkwd
- 3.Jump on both feet bkwd –next to each other- “plesni”
- 4.Hop on L ft, while kicking fwd with R ft with straightened knee
- 5.Stamp R ft fwd keeping straightened R knee

Meas.5 - 1.Hop on L ft

- 2.Stamp R ft diagonally right, keeping straightened R knee
- 3.Hold up R heel-in front of L ft. R knee is pointing R side
- 4,5.Hold (Pause)

Meas.6 – 1.Turn sharply R knee fwd

- 2.Stamp R heel fwd
- 3.Step on R ft fwd
- 4.Hop on R ft
- 5.Step on L ft fwd

Meas.7 – 1.Hop on L ft

- 2.Step on R ft fwd
- 3.Kick with L ft fwd, while hopping on R ft
- 4.Hop on R ft
- 5.Step on L ft bkwd

Meas.8 – same as Meas.1, but bkwd

**Sequence:** Introduction – 8 meas. You can dance only Figure 1 or alternate the figures, depending on Leader’s command.

