(Bulgaria)

This dance is from Pazardžik, Bulgaria (Western Thrace). It belongs to the Gankino/Kopanica family common throughout Western Bulgaria. Other similar dances include: Ploydiska Kopanica, Glavāniško Horo, Ludo Kopano, Krivo Horo, Kriva Panagjursko vetc. This region of Western Thrace is especially known for its mixed rhythms such as 11/16 (Gankino), 15/16 (Bučimiš), 25/16 (Sedi Donka), etc. I first learned this dance from Professor Stefan Väglarov. I have also heard "Lamba Lamba" mentioned by dance scholars including Richard Crum and Professor Djudjeff. To my knowledge, this dance is currently in the repetoire of amateur ensembles in Bulgaria.

Pronunciation: LAHM-bah LAHM-bah

Record: Any good, fast Kopanica is suitable. A good recording is on Horo #328. and XORO LP 4, B/2.

Formation: Dance should be done mainly in place - do not move very far. Short, segregated lines with Belt hold ("Na lesa"). Face fwd, R ft free. It is typical for W leaders to twirl a knotted kerchief all the time.

M leader's R hand can be on belt or raised up and out.

This dance is typically preceded by a three-measure Gangino-type dance. (See 1975 University of Pacific syllabus for Gankino notes by Richard Crum.)

Me<u>as</u> <u>Cts</u> <u>Pattern</u> INTRODUCTIONS: 2 meas. 1 Facing front, step on R to R. Close L to R. Step on R to R. Close L to R. Hold. (Can do two small bounces on both ft.) 1-5 Reverse ftwk and direction of meas 1. 2 3-4 1-10 Repeat action of meas 1-2. TRANSITION 1 Facing diag R of ctr and moving in LOD, step fwd on R. 2 Clsoe L to R. Step to R on R 4 Hop on R. Step on L slightly in front of R. 2 1 Step on R in LOD. 2 Close L to R. 3 Strike R heel to floor on R diag, R knee straight, L knee flexed. 4 Leap on to R ft in place. 5 Strike L heel to floor, ctr fwd. VARIATION I. 1 Facing ctr, moving L, step on L ft to L.) 2 Step on R behind L. 3 Step on L to L. Close R to L with a small click near the floor

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LAMBA LAMBA (continued)

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Var. I Continued.
2
      1
           Hold.
      2
           Hold.
      3
           Turning to L diag, small jump
           onto both ft. bending knees.
      4
           Hop on R, turning to face ctr,
           kick L leg, (knee bent) across in)
           front of R leg and beg a CCW arc.)
      5
           Continuing with a circular move- )
                                                 Cadence
           ment CCW of the L ft, while the
           R ft begins to lift slightly.
           "Cukce" (lifting and dropping the)
3
           heel) on R ft.
      2
           Step on L ft behind R.
      3
           Strike R heel in front of L ft.
      Ť
           Leap onto R ft in place.
      5
           Strike L heel in front of R ft.
           VARIATION II.
1
           Facing ctr, step on L ft to L
      2
           Step on R behind L
           Step on L to L
      ž
           Turning slightly to R diag, Cukce on L. R ft is lifted behind.
      5
           Touch R toe behind L ft.
2
      1
           Repeat action of meas 1, ct 4.
      2
           Repeat action of meas 2, ct 5.
      3-5
                 Cadence.
                            (See Variation I.)
3
      T-5
           VARIATION III.
1
           Facing ctr, moving L, step on L ft to L.
      2
           Step on R behind L.
           Step on L to L. lifting R slightly to R diag, toe turned slightly inward.
           both knees bent.
           Lifting on L ft, close R to L with a slight clicking motion close to
           the floor.
           Lower L ft in place, R cont. in a CCW circle in air in front of L leg.
2
           Repeat action of meas 1, ct 4.
      2
           Repeat action of meas 1, ct 5.
      3-5
                 Cadence
                            (See Variation I.)
3
      T-5
           VARIATION IV. (Women's variation) M can also do this, but would be
                          more vigorous.
1
           Facing ctr, moving L, step on L ft to L.
      2
           Step on R behind L
           Step on L to L, lifting R slightly off the floor.
      4
           Step on R in front of L. L lifts to ball of ft (beginning Ľukče).
      5
           Lower L heel.
2
      1
           Step on R ft to R side, lifting L onto ball of ft.
      2
           Lower L heel.
                 Cadence. (See Variation I.)
3
      T-5
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LAMBA LAMBA (Continued)

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VARIATION IV. (Men's variation) W do not do this.
           Facing ctr, moving L, step on L to L.
1
           Step on R behind L.
      2
           Leap onto L ft.
           R ft slides behind L, ending in a kneeling pos with the R leg bent
      4-5
           behind the L leg which is in a kneeling pos.
2
      1
           Hold.
      2
           Hold and rise for Cadence.
      3-5
                           (See Variation I.)
               Cadence.
      T-5
3
           VARIATION V.
                        ("Lamba Lamba")
1
           Facing ctr, moving L, step on L to L.
      1
      2
           Step on R behind L.
      3
           Turning slightly L, step on L
           Meanwhile brush R leg, straight knee, through to L diag.
           Čukče on L.
      5
           Brush R ft back through to R back diag with bent knee.
           R ft continuing around in back of L leg.
           Cukce on L.
2
      1
      2
           R toe touches behind L ft, body turning slightly to R diag.
      3-5
                           (See Variation I).
                Cadence
3
      1-5
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Note: When danced in context, each variation is performed as many times as the leader chooses.

Notes by Janet Reineck and Stephen Kotansky

Presented by Stephen Kotansky