

OPAS
(Bulgaria)

Source: Martin Koenig learned these dance steps in the villages of Kalipetrovo (performed by a large group of men and women) and Srebarna (short line of five men -FIG. IV-V), Dobrudja, Bulgaria. It was arranged by Martin Koenig and first taught by him in the U.S. in 1967.

Pronunciation: OH-pahs

Music: Village Dances of the Balkans. 2/4 meter

Formation: Mixed line front basket hold, left arm over, right under or &
& Styling: belt hold, left arm over, right under. The feeling of this dance, typical of many Dobrudjan dances is very much grounded.

Note: Dobrudja is situated in the northeastern part of Bulgaria, bordered on the north by the Danube River and beyond the river, Romania. Unlike some other areas of Bulgaria it has rich, rolling farmland and produces bountiful crops.

Introduction - no action. Leader begins dance with any musical phrase.

Meas Ct

Pattern

FIGURE I. BAVNO

1	1	Facing ctr, step sdwd R onto R ft.
	2	Close L ft to R.
2	1	Step sdwd R onto R ft.
	2	Chukche on R ft while bringing L ft across in front of R ft. (Chukche: raise and lower R heel.)
3	1	Step on L ft.
	2	Chukche on L ft, lifting R ft.

FIGURE II. CHUKNI

1	1	In place, fall heavily onto R ft.
	2	In place, fall heavily onto L ft.

OPAS (Continued)

- 2 1 " " " " R ft.
 & " " " " L ft.
 2 " " " " R ft.
3 1 " " " " L ft, turning body slightly to L.
 2 Stamp R ft beside L. ft, no wt.

FIGURE III. PRAVO - fig moves twd ctr, & straight back

- 1 1 Step R ft fwd twd ctr.
 & Continuing fwd step L ft.
 2 Continuing fwd step R ft.
 & Small *chukche* on R ft, L ft coming fwd.
2 1 Step L ft fwd into ctr.
 & *Chukche* on L ft.
 2 Step R ft bkwd away from ctr.
 & Step L ft bkwd away from ctr.
3 1 Step R ft bkwd away from ctr.
 & Small *chukche* on R ft, L ft moving bkwd.
 2 Step L ft bkwd, leaving R ft in place.
 & Lift R ft, drawing it back slightly.

FIGURE IV: CHUKNI NAPRED

- 1-3 etc. Repeat Figure II, Chukni, as many times as leader indicates,
 moving fwd into ctr, finishing with ...
4 1 Stamp R ft beside L ft, takes no wt.
 2 Stamp R ft beside L.ft, takes no wt.
 Note: Figure IV leads without pause into Figure V.

FIGURE V.-moving out of ctr in LOD, keep knees bent.

- 1 1 Moving to RLOD with bent knees and low to the ground,
 strong step on R ft to R.
 2 Hop on R ft, L leg lifting across in front, knee bent.
2 1 Continuing to RLOD, strong step on L ft, across in front.
 2 Hop on L ft, swinging R leg in fwd arc, knee bent.
3 1 Pull R leg bkwd to L leg, falling on both ft under body -
 knees bent.
 2 Hold.

