

Mali Izvorski Opas

(Bulgaria)

A variation on the popular *Opas* dance type found throughout Dobrudža. From the village of Mali Izvor near the town of Dobrič.

Translation: *Opas* from the village of Mali Izvor

Pronunciation: MAH-lee EEZ-vohr-skee OH-pahss

Music: 2/4 meter CD: *Yves Moreau Stockton Folk Dance Camp 2009*, Band 6.

Formation: Short lines , belt hold, L over R or front basket hold or optional V-Pos. Wt on L. Face ctr.

Styling: Heavy; bent knees and proud, straight upper body; earthy

<u>Meas</u>	Music: 2/4 meter	<u>Pattern</u>
1-4		<u>INTRODUCTION</u> Instrumental music. Start with main melody
		I. <u>BASIC PRAVO</u>
1		Facing ctr, step on R to R (ct 1); step on L in front of R (ct 2).
2		Step on R to R (ct 1); lift L leg straight up, bent knee (ct 2).
3		Step on L in place (ct 1); lift R leg straight up, bent knee (ct 2).
		II. <u>PRAVO WITH CLOSE</u>
1-2		Repeat Fig I, meas 1-2.
3		Step on L in place (ct 1); lift R leg with circular motion out to R side and fwd (ct 2).
4		Close R to L, bending upper body fwd (ct 1); pause (ct 2).
		III. <u>STAMPING PRAVO</u>
1		Step on R to R with heavy, flat-footed accent (ct 1); step on L in front of R with same heavy, flat-footed accent (ct 2).
2		Quick, flat step on R slightly R, lifting L knee (ct 1); quick, flat stamp with ball of L next to R with wt (ct &); quick flat hop on R in place (ct 2); quick flat stamp (no wt) with L next to R, (ct &).
3		Heavy step with L slightly to L (ct 1); sharp stamp (no wt) with R next to L (ct 2).
		IV. <u>RIGHT AND LEFT</u>
1		Large step to R with R (ct 1); large step on L behind R (ct 2).
2		Large step on R to R (ct 1); while bending upper body fwd slightly, bring L leg near R and fwd then to L diag with straight knee, making a half circle (ct 2).
3-4		Repeat meas 1-2 with opp ftwk and direction.

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V. STAMPING PRAVO WITH CLOSE

- 1-3 Repeat Fig III, meas 1-3.
- 4 Stamp R slightly fwd, no wt (ct 1); stamp R again, no wt (ct 2).
- 5 Heavy step slightly fwd on R (ct 1); hop on R, L leg extends fwd (ct 2).
- 6 Heavy step slightly fwd on L (ct 1); bring R ft behind L calf (ct 2).
- 7 Step back on R (ct 1); step back on L (ct 2).
- 8 Step on R \ to R, twisting to R (ct 1); hop on R swinging L knee across R leg (ct 2).
- 9-10 Repeat Fig II, meas 3-4.

Note: Leader calls figure changes at will; the following order is suggested:

Fig I, II, III, IV

Fig I, II, III, V

Suggested order:

Fig I 12 times

Fig II, 5 times

Fig III, 6 times

Fig IV, 4 times

Fig I, 8 times

Fig II, 6 times

Fig III, 6 times

Fig V, until the end

Presented by Yves Moreau