Tropanka

(BULGARIA)

Tropanka (TROH-pahn-kah) is from the repertoire of the State Ensemble for Folk Songs and Dances in Tolbukhin, Bulgaria. Marcus Moskoff learned the dance when he was performing with the Ensemble. It is a type of dance involving strong arm movements and sharp strong stamps. This description reflects the dance as performed by Mr. Moskoff at workshops and camps throughout the United States.

**RECORD:**
"Marcus Moskoff Introduces Songs and Dances of Bulgaria"
MM 001 (LP) Side A/3.

**2/4 Meter**

**FORMATION:**
Lines of dancers, standing close together. "W" pos: hands joined with adjacent dancers, elbows bent and close to own sides, hands at shoulder level. Face ctr; wt on L ft.

**STYLING:**
Knees slightly bent, body in a somewhat squat pos with torso erect. A heavy, earthy feeling is characteristic of Tropanka dances; steps and stamps are taken firmly and with strength. Arm movements are strong and rhythmical.

**MUSIC 2/4**

**PATTERN**

Measures

**INTRODUCTION** None

**I. SIDE TO SIDE WITH STAMPS**

1
Step on R ft sdwd to R (ct 1); step on L ft behind R (ct &); repeat (cts 2, &) (i.e., 4 small steps moving sdwd in LOD (CCW) - R, L, R, L).

2
Step on R ft sdwd to R (ct 1); stamp L ft beside R, no wt (ct &); stamp L ft again R, no wt (ct 2); hold (ct &).

3-4
Repeat meas 1-2 with opp ftw & direction.

5-8
Repeat meas 1-4.

**ARM MOVEMENTS** (Fig 1)

Meas 1: Extend joined hands in an arc upward and fwd (cts 1, &); straightening elbows, continue to swing arms downward to sides of body (ct 2); beg to swing arms fwd, starting to retrace the arc (ct &).

Meas 2: Continue to swing arms upward while bending elbows to reach starting "W" pos (ct 1); pull elbows down sharply in a pumping motion to coincide with stamping of ft (ct &); pull elbows down again to coincide with 2nd stamping of ft (ct 2). After each pumping motion, return arms briefly to "W" pos.

Meas 3-8: Repeat arm movements of meas 2 six times. Should be "meas 1-2 three times"

**II. TOWARD CENTER AND BACK WITH STAMPS**

1 Facing diag L of ctr, step fwd on R ft (ct 1); pivoting to face diag R of ctr, take a small hop on R ft (ct &); still facing diag R of ctr, step fwd on L ft (ct 2); pivoting to face diag L of ctr, take a hop on L ft (ct &).
Facing RLOD, step on R Ft beside L (ct 1); stamp L fot beside R, no wt (ct &), stamp L ft again beside R, no wt (ct 2); hold (ct &).

Facing diag L of ctr, step bkwd on L ft (ct 1); pivoting to face diag R of ctr, take a small hop on L ft (ct &); still facing diag R of Ctr, step bkwd on R ft (ct 2); pivoting to face diag L of ctr take a small hop on R ft (ct &).

Facing RLOD, step on L ft beside R (ct 1); stamp R ft beside L, no wt (ct &); stamp R ft again beside L, no wt (ct 2); hold (ct &).

Repeat meas 1-4.

ARM MOVEMENTS (Fig II)

Meas 1: Extend joined hands in an arc upward and fwd (cts 1,&); straightening elbows, continue to swing arms downward to sides of body ("V" pos) (cts 2,&).

Meas 2: Swing joined hands a little fwd (ct 1); swing joined hands bkwd to "V" pos (ct 2).

Meas 3-8: Repeat arm movements of meas 2 six times.

III. TRAVEL IN LOD AND RLOD

Facing and moving in LOD, step fwyd R, L (ct 1,2).

Continue in LOD with three faster steps, R,L,R (cts 1,&,2); stamp L ft beside R, no wt, (ct &).

Turning to fact ctr, step on L ft to L side (ct 1); stamp R ft beside L, no wt (ct &); turning to face LOD, step on R ft (ct 2); stamp L ft beside R, no wt (ct &).

Continue facing in LOD and walk bkwd in RLOD with three fast steps L,R,L (cts 1, &,&,2); stamp R ft beside L, no wt (ct &).

Repeat meas 1-4 three times (4 total).

ARM MOVEMENTS (Fig III)

Meas 1-16: Repeat arm movements of Fig II, meas 2 sixteen times. At end of meas 16, swing joined hands up into "W" pos.

DANCE SEQUENCE: Dance is done 4 times plus Fig I once more.

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II. **WEAVING**

B1  1-8  Cpl 1 face and pass l shdrs. Continuing in the same direction, go outside around the next person (W1 around W4, M1 around M2). Go into the ctr of the set passing between the side cpl s. Go outside the set (W1 between M4 and W3, M1 between W2 and M3) to meet behind cpl 3. Join inside hands and pass between cpl 3 to original places, M1 raising R arm and turning W1 CCW under raised hands as he moves around her to end in orig pos facing the ctr of the set. Use 8 Polka steps.

III. **SLIP LEFT AND RIGHT**

B2  1-3  All join hands at chest level and slip CW 6 steps.

4  Step sdwd on L ft (ct 1); stamp R next to L (no wt) (ct 4).

5-8  Beg R, repeat meas 1-4 but move CCW.

IV. **FIGURE EIGHT**

A3  1-8  Cpl 1 dance a figure eight around cpl 3. Begin by crossing between cpl 3, W1 passing in front of ptr to go CCW around W3 while M1 goes CW around M3. Cross again in between cpl 3, W1 crossing in front of ptr to go CW around M3 while M1 goes CCW around W3. End backing into orig position. Use 8 Polka steps.

V. **SWING**

B3  1-8  All Swing ptrs.

Repeat the entire dance three times, with cpl 2, then cpl 3, then cpl 4 active.

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ERRATA

**TROPANKA** - Let's Dance May/June 1987

Fig 1, Arm Movements Should read:

Meas 3-8: Repeat arm movements of meas 1-2 three times.

Costumes of Wales