

ŽENSKO KAPANSKO (Ovdovjala Lisičkata)

Женско Капанско хоро (Овдовяла Лисичката)
(Northeastern Bulgaria)

A dance based on traditional Pravo steps from Northeastern Bulgaria arranged by Yves Moreau to the popular song *Ovdovjala Lisičkata* (the widowed fox).

Pronunciation: OV-doh-VYAH-lah lee-SEECH-kah-yah

Music: Yves Moreau CD

Meter: 2/4

Formation: Mixed lines or open circle; hands joined down in «W»; wt on L, face R of ctr.

Meter: 2/4

Pattern

Introduction: 16 meas (instrumental). Start dance with song.

Fig. 1: Basic step (song)

- 1 Facing LOD, step fwd on R (1) light hop on R (2)
- 2 Step on L (1) light hop on R (2)
- 3-4 Four light running steps in LOD, R-L-R-L (1 & 2 &)
- 5 Turning to face ctr, step on R to R (1) light hop on R in place (2)
- 6 Sill facing ctr, step on L to L (1) light hop on L, bringing R ft in front of L (2)
- 7 Step on R in front of L (1) step on L (2)
- 8 Step on R in front of L (1) hop on R, swinging L ft in front of R
- 9 Repeat pattern of meas 7, with opp dir and footwrk
- 10 Step on L in front of R (1) light hop on L, but remain facing LOD
- 11-20 Repeat pattern of meas 1-10

Note: Throughout this fig. arms swing regularly throughout: back on the uneven meas. and fwd on the even meas.

Fig. 2: Forward and back (instrumental)

- 1 Facing ctr, step fwd on R (1) light hop on R (2)
- 2 Step fwd on L (1) light hop on L (2)
- 3 Step fwd on R (1) step fwd on L (2)
- 4 Step fwd on R (1) light hop on R (2)
- 5-8 Same pattern as meas. 1-4 but moving bkwd (away from ctr)
- 9-16 Repeat pattern of meas 1-8

Note: During this fig., arms remain in «W» pos.

Dance repeats from beginning

Presented by Yves Moreau

Description © Yves Moreau