

Opinca

Bucovina, Romania

Opinci are traditional, laced-leather sandals worn by most Romanian peasants for thousands of years.

Opinca is a dance composed of two alternating sections. The first is an archaic dance with an irregular rhythm: 1-2-3, 1-2-3, 1-2. The second is a version of *Hora moldovans*.

Formation: mixed circle

Pronunciation: oh-PEEN-kah

Meter: 2/4

Meas **Music introduction**

1-12 Optional: feet together, bouncing (slow-quick-slow-quick-slow), hands in W position bringing hands down to V position on the last two meas

Meas **Figure 1 Opinca**

Hands joined in V position, facing centre, steps rhythm spans 2 measures: slow (ct 1&)-quick (ct 2)-slow (ct &3)-quick (ct &)-slow (ct 4&)

1-2 Step on R to R (slow), bounce on R heel (quick), step on L fwd (slow), step on R fwd (quick), step on L fwd, starting CCW turn to left (slow)

3-4 Step on R to R, finishing CCW turn to left (slow), bounce on R heel (quick), step on L bkwd (slow), step on R bkwd (quick), step on L bkwd (slow)

5-6 Repeat meas 1-2, same ftwk but RLOD (walk fwd in reverse LOD), dropping hands while doing CCW turn to left

7-8 Repeat meas 3-4, same ftwk but RLOD, rejoining hands after finishing CCW turn

9-16 Repeat measures 1-8

- Meas **Transition 1**
 1-2 Starting R, walk 4 steps in LOD raising arms gradually to W position
- Meas **Figure 2**
 Hands in W pos, doing tiny circles, facing ctr
 1 Step on R fwd (ct 1), step on L fwd (ct 2)
 2 Step on R fwd (ct 1), touch L (ct 2)
 3-4 Repeat 1-2, opp footwork and direction
 5 Step on R fwd (ct 1), touch L (ct 2)
 6 Step on L bkwd (ct 1), touch R (ct 2)
 7-8 Repeat measures 1-2
 9-16 Repeat meas 1-8 with opp ftwk and direction
- Meas **Figure 3**
 1 Grapevine L: step R in front of L (ct 1), step L to L (ct 2)
 2 Step R behind L (ct 1), step L to L (ct 2)
 3 Repeat meas 1
 4 Stamp on R in front, diag. to the left (ct 1), stamp on R in front, diag. to the right (ct 2)
 5-7 Repeat meas 1-3
 8 Step R behind L (ct 1), stamp L near R (without wt), ft parallel, L slightly fwd (ct 2)
 9 Grapevine R: step L in front of R (ct 1), step R to R (ct 2)
 10 Step L behind R (ct 1), step R to R (ct 2)
 11-14 Repeat meas 9-10, twice (3 total)
 15 Step L in front of R (ct 1), step R to R (ct 2)
 16 Step L behind R (ct 1), touch R (ct 2)
- Meas **Transition 2**
 1-4 Starting R, walk 8 steps in LOD

Meas **Figure 4**

- Facing ctr, hands slightly higher than W pos
- 1-2 Feet apart, sway to R, double bounce on R (ct 1), sway to L, double bounce on L (ct 2)
- 3 Step R to R (ct 1), step L in front of R (ct 2)
- 4 Step R to R (ct 1), stamp L in front (ct 2)
- 5-8 Repeat meas 1-4 with opp ftwk and direction
- 9 Step R, raising L in front (ct 1), pause (ct 2)
- 10 Step L, raising R in front (ct 2), pause (ct 2)
- 11 Step R to R (ct 1), step L in front of R (ct 2)
- 12 Step R to R (ct 1), step L (ct &), step R (ct 2), saying "Hopa sha" while stepping
- 13-14 Repeat measures 9-10 with opp ftwk
- 15 Step L to L (ct 1), step R in front of L (ct 2)
- 16 Step L to L (ct 1), stamp with R in front, bringing hands down to V position

Meas **Figure 5**

- Same footwork as Figure 1 with arm swings
- 1-16 Do Fig 1, meas 1-16; for each 2 meas, straight arms swing fwd (cts 1&2), bkwd (cts &3), fwd (ct &), bkwd (cts 4&)

Meas **Ending**

- 15-16 Do 3-step $\frac{3}{4}$ turn CCW starting with R and ending with ft together, joining hands in W position

Dance Pattern

F1 + Trans 1 + F2 + F3 + Trans 2 + F4 + F1 +
F5 + Trans 1 + F2 + F3 + Trans 2 + F4 + F1 +
F5 (14 meas) + Ending

Strigături* for Opinca

Hăi cine joaca și nu strigă
Are-n gură mămăligă
Cine strigă și nu joacă
Facăi-se gura seacă

Asta-i hora horelor
Hora moldovenilor
Hora mare românească
Cine-o joacă să trăiască

Translation

Anyone who dances and doesn't shout
Has *mamaliga*** in their mouth
Anyone who shouts and doesn't dance
Will have a dry mouth

This is the *Hora* to end all *Horas*
The *Hora* of the Moldavians
The great Romanian *Hora*
Long life to those who dance it

* Shouting/chanting

** *Mamaliga*: Romanian dish made of cornmeal,
similar to Italian *polenta*