

Yambolsko Trite Puti

From Yambol region, eastern Thrace, SE Bulgaria

Styling: Knees are slightly bent, arms are relaxed, not tense, and bent slightly at elbows throughout dance. Men steps are heavier, women's are lighter. Each measure of the dance can be counted "one-and-two-and" and these counts will occasionally be used in single quotes in the description below. In each measure the part of the dance that falls on "one and" is on the first line, and the part that falls on "two and" is on the second line. Generally there is a subtle up-down movement of the whole body: up on "one", down on "and", up on "two", down on "and".

This dance can be done to many different pieces of music.

Start dance after 4 measures of introduction.

Bounce = A high bounce: almost a small bounce; bounce, but usually only heel leaves floor.

Basic trite pûti arm swings = arms held down in v position, arms swing forward on "one", back on "two"

Pattern 1

Weight on left foot; face R meas. 1-2, face center meas. 3-8. Basic trite pûti arm swings throughout.

Measures:

1. Bounce on L, step to R with R (bounce, step, bounce, step) repeat w opp. footwork.
2. Bounce on L, step to R with R (bounce, step, cross, back) step to R w L, crossing in front of R, step back on R
3. Facing center, bounce on R, step on L to L (bounce, step, leap, step) leap on R to L, crossing in front of L, step on L to L
4. Leap on R to L, crossing behind L, step on L to L (leap, step, leap, step) leap on R to L, crossing in front of L, step on L to L.
5. Bounce on L, step on R to R, (bounce, step, cross behind, step) step L behind R, step forward on R
6. Same as 5, w opp footwork (bounce, step, cross behind, step).
7. Bounce on L, step forward slightly on R (bounce, step, step, step) step forward slightly on L, bend forward slightly from waist, step back on R
8. Leap back on L, step back on R (leap, step, close, hold) close L to R with emphasis (on "two") and hold ("and")

Variations

Measure:

5. Cross-stepping w L in front of R instead of behind
8. Same as meas 7, but backing up, with opposite footwork

Pattern 2

Start with weight on left foot. Always face center except measure 5. In measures 1-4: bend knees slightly after each step (on "and"), and make a pattern on the floor into the center and out like a backwards capital letter D: arc to left meas. 1-2, then straight back meas. 3-4.

Measure:

1. Step R diagonally forward to L, (step and step and) step L forward
2. Step R diagonally forward to R, (step and close and) close L to R, but don't take weight
3. Step back on L (step and step and) step back on R
4. Step back on L (step and close and) close R to L, but don't take weight
5. Step forward diag. on R to R, turning to face 45° to L (step and close and) close L to R, but don't take weight.
6. Step back to previous position with L (step and close and) close R to L, but don't take weight.
7. Step R to R, (step and close and) close L to R, but don't take weight
8. Same as 7, opp. Footwork (step and close and)

Variations

Measures:

7. Bounce on L, step to R with R (bounce, step, cross, back) step to R w L, crossing in front of R, step back on R
8. Leap on L back and slightly to L, step R next to L (leap, step, close, hold) step on L next to R with emphasis, taking weight, hold.

Arms for pattern 2: bent slightly at elbows, relaxed throughout

Measure:

- 1-2. Raise arms a bit on each step, to end with hands slightly higher than forehead.
3. Lift arms slightly on "one" in anticipation to bring down on "and" swing arms back on two
4. Swing forward on "one", back on "two" (basic)
5. Bring arms up to W position on "one", and stay in W position, bouncing gently, down on "and", up on "two", down on "and"
6. Bounce arms up in W pos up on "one", swing down to V pos on "and", swing back on "two" to resume basic trite pûti arm swings, which continue in measures 7-8

Pattern 3

In pattern 3, "leap" = a flat footed, small, heavy leap. In meas. 1-2, the R foot stays slightly ahead of L until the leap at end of meas. 2. Face center meas. 1-4.

Basic trite pûti arm swings throughout pattern 3.

Measures:

1. Bounce on L, step forward on R. (bounce, step, leap, step) leap forward on L, step forward on R
2. Leap forward on L, step forward on R (leap, step, leap, step) leap forward on L, step backward on R
3. Bounce on R, step back on L (bounce, step, bounce, step) bounce on L, step back on R
4. Bounce on R, step back on L (bounce, step, leap, step) leap back on R, rock forward to step on L
5. Face RLOD. Bounce on L, step R to L, crossing in front of L (bounce, step, step, step) step L to L, step R to L, crossing in front of L
6. Bounce on R, pivoting to face LOD, step L to R, in front of R (pivot, step, step, step) step R to R, step L to R, in front of R
- 7-8. Body still faces center, head looks left
7. Bounce on L, step R to L crossing in front of L (bounce, step, step, step) step L to L, step R to L crossing in front of L
8. Step L to L, step R to L crossing in front of L (step, step, step, hold) step L to L, and hold

Pattern 3, (men only) in meas. 1-2, all steps after the first bounce are heavy steps

Pattern 4

Face center throughout

Measures:

1. Jump and land with R foot forward, L back, weight on R (jump, land, bounce, and) bounce on R, begin swinging L in sideways arc forward.
2. Bounce on R, L continues around to front (bounce, and, fall, and) fall forward onto L.
3. Bounce on L while R swings in sideways arc forward, (bounce, and, fall, and) fall forward onto R.
4. Jump onto both feet shoulder width apart, and with knees bent more, hold (both and close and) pull feet together under you, straightening legs to regular relaxed position (not ram rod straight) and hold.
5. Bounce on L, step R to R (bounce, step, cross, back) step L to R, crossing in front of R, step back on R.
6. Same as 5 with opp. Footwork (bounce, step, cross, back).
7. Two reel steps: bounce on L, swinging R back to step behind L (reel step, reel step) bounce on R, swinging L back to step behind R.
8. Same footwork as meas. 4 (arms are different).

Arms for pattern 4 bent slightly at elbows, relaxed throughout measure.

Measures:

- 1-2. Bring arms up to hold in front of you parallel to floor, with elbows slightly bent as you jump at beginning of meas 1. Slowly rise to above head by end of meas 2, with elbows still slightly bent.
3. Arms stay up.
4. As you jump on both feet, bring arms down to W pos., with hands not very far forward of body on "one" bring hands down to V pos. as you bring feet together on "two". Hold on "and".
- 5-7. Return to basic trite pûti arm swings.
8. Put arms forward as at beginning of meas 1 as you jump with feet apart on "one" and hold on "and", put arms down to V position as you bring feet together on "two" and hold on "and".

Optional overall order: Do patterns 1- 4 in the following order:

1,2,1,2,1,2,1,3,4, 3,4,1,2,1,2,1,2,1,3,4,1

Described and presented by Yuliyana Yordanov, ©2003