

TRITE PÂTI

Yambol District, Southeastern Bulgaria

Trite Pâti means the "Three Times" referring to the typical structure of this common dance that often goes three times in one or both directions. This version was learned by Tom Deering from several women at the Koprivštica Festival, Bulgaria, 1991.

Rhythm: 2/4 counted 1 & 2 &

Recording: Any music marked "Trite Pâti"

Formation: Mixed lines of men and women, holding hands down. This dance can be done in lines or small circles. I saw it danced by 5 women in a small circle but, it is most often dances in semi-circular lines with the leader on the right.

The arms swing back and forth from the elbows throughout the dance. On count one, the arms swing down and back with a rebound on count two. The emphasis is on count one (down) but, there is also a slight emphasis on the up swing that keeps the energy and momentum consistent throughout the dance.

The "1-2-3" variation can be freely mixed into the basic step at the dancers discretion, usually as the tempo and the energy of the music increases.

Meas Ct BASIC STEP (with "Bounce-Swings")

1	1	Facing center and moving slightly R, Step on R slightly into center
	2	Step on L, continuing slight movement forward and to the R
2	1	Step on R, continuing slight movement forward and to the R
	2	Bounce on R, swinging L low and forward R from above
3	1	Step back and slightly L onto L
	2	Step back and slightly L onto R
4	1	Step on L in place
	2	Bounce on L, swinging R low and forward L from above
5	1	Step on R in place
	2	Bounce on R, swinging L low and forward R from above
6	1	Step on L in place
	2	Bounce on L, swinging R low and forward L from above

REPEAT From the beginning

VARIATION (with "1-2-3s")

1	1	Facing center and moving slightly R, Step on R slightly into center
	2	Step on L, continuing slight movement forward and to the R
2	1	Step on R, continuing slight movement forward and to the R \
	&	Step on L, slightly in front of R 1-2-3
	2	Step on back into place onto R /
3	1	Step back and slightly L onto L
	2	Step back and slightly L onto R
4	1	Step on L in place \
	&	Step on R, slightly in front of L 1-2-3
	2	Step on back into place onto L /
5	1	Step on R in place \
	&	Step on L, slightly in front of R 1-2-3
	2	Step on back into place onto R /
6	1	Step on L in place \
	&	Step on R, slightly in front of L 1-2-3
	2	Step on back into place onto L /

Dance Description by Tom Deering

Presented by Tom Deering