

Trite Stûpki

(Women's dance from the Bulgarian part of Macedonia, “*Pirinska Makedonija*”)

The way of beginning each dance phrase with a bounce (or a hop—part II) is typical here. The movements of the arms give a clue that the origin of this dance is Bulgarian.

Pronunciation: TREE-teh STUHP-kee

CD: PAMUK CD 1104/06

2/4 meter

Formation: Open circle, arms in W-pos alternating to V-pos. Wt on L, face LOD.

Styling: Smooth, bouncing with elegant and slow movements.

Measure

Pattern

8 meas

INTRODUCTION

I. SLOW PART

- 1 Facing and moving in LOD, bounce on L (ct 1); step on R (ct 2).
- 2 Bounce on R (ct 1); step on L (ct 2).
- 3 Bounce on L (ct 1); step on R (ct 2).
- 4 Facing ctr, step on L twd ctr (ct 1); step on R back (arms to V-pos) (ct 2).
- 5 Bounce on R, L ft circling from front to back, arms swing fwd (ct 1); step on L behind R, arms swing bkwd (ct 2).
- 6 Facing ctr and moving in LOD, step on R to R (ct 1); step on L behind R (ct 2).
- 7 Facing and moving in LOD, bounce on L (ct 1); step on R, arms raise to W-pos (ct 2).
- 8 Repeat meas 2.
- 9 Repeat meas 3.
- 10 Repeat meas 4, arms move to V-pos and immediately up to W-pos.
- 11 Facing and moving RLOD, bounce on R (ct 1); step on L (ct 2).
- 12 Bounce on L (ct 1); step on R (ct 2).
- 13 Bounce on R (ct 1); step on L (ct 2).
- 14 Repeat meas 4 with opp ftwk., arms down (to V-pos) and up (to W-pos).
- 15 Repeat meas 1.
- 16 Repeat meas 2.
- 17-32 Repeat meas 1-16.

II. QUICK PART

- 1-32 Repeat Slow Part but every bounce is danced as a hop. Arm movements are the same.

Description by Paul Mulders

Presented by Paul Mulders