

Dvašti Trīsti

(Bulgaria - Rhodopes)

This dance-type is a variation on the popular Rhodope dance *Svornato*. It uses the basic 9/8 meter (QQQS) but in a four-measure phrase; the third measure is accented as 2 measures of 5/8. This variation can work only with this song melody known as *Dvašti Trīsti* or *Mari Mome*.

Pronunciation: DVAH-shtee TREE-shtee

Music: Yves Moreau CD FB-007

Rhythm: Modified 9/8 counted here as 2-2-2-3 or 1,2,3,4 or quick-quick-quick-slow (2 times), then 2 measures of 5/8 (quick-slow, 2-3) and one more measure of 9/8. **Note:** The instrumental chorus is phrased as two measures of 5/8 and one measure of 9/8 (Q-S, Q-S, Q-Q-Q-S) played four times.

Formation: Mixed lines. Hands up in W-pos. Wt on L, face ctr.

Styling: Fairly heavy and proud.

Meas Pattern

INTRODUCTION Instrumental music, no action. Start dance with song.

I. TRAVEL STEP R AND L

- 1 Do 4 walking steps in LOD, R-L-R-L (cts 1,2,3,4).
- 2 Repeat meas 1.
- 3 Facing ctr, step on R to R (ct 1); step on L behind R (ct 2); step on R to R (ct 1); step on L in front of R (ct 2). This is a "grapevine" step done in a Q-S-Q-S accent.
- 4 Step on R to R (ct 1); step on L behind R (ct 2); step on R to R (ct 3); close L to R (ct 4).
- 5-8 Repeat meas 1-4 with reverse direction and ftwk.

II. TO CENTER AND BACK

- 1 Take four steps to ctr, R-L-R-L (Q-S-Q-S).
- 2 Continue to ctr with 3 more steps, R-L-R (cts 1-3); close L to R, keeping wt on R (ct 4).
- 3-4 Repeat meas 1-2 with reverse direction and ftwk.
- 5-8 Repeat meas 1-4.

Dance repeats from beginning.

Description by Yves Moreau

Presented by Yves Moreau