

STRANDŽANSKI TRITI PĀTI

TRANSLATION : *Triti pūti* ("three times") from the Strandža Mountains region, Eastren Bulgaria

MUSIC : Cassette "Bulgarian Folk Dances"
Jaap Leegwater JL 1982.12. Side B. Nr.13.
Record Balkanton BHA 10160 Side II. Band 6.

FORMATION : Open circle. Hands in V-position.

METER : 2/4

INTRODUCTION : 16 measures

MEAS PATTERN Part 1

- 1 facing ctr, step on R ft sdwd R (ct 1),
close and step on L ft next to R ft (ct 2)
- 2 repeat action of meas 1
- 3 chug on L ft (ct 1), step on R ft sdwd R (ct &),
cross and step on L ft behind R ft (ct 2),
small step on R ft sdwd R (ct &)
- 4 repeat action of meas 3, reversing ftwk

N.B. Arm movements thruout this Part:
swing arms straight fwd low on each ct 1,
back low on each ct 2

Part 2

- 1-2 repeat action of meas 1-2 of Part 1
- 3 chug on L ft (ct 1), cross and step on R ft in front of
L ft (ct &), step on L ft in place (ct 2),
cross and step on R ft in front of L ft (ct &)
- 4 repeat action of meas 3, reversing ftwk

N.B. Arm movements thruout this Part:
Arms swing as thruout Part 1, however a little bit more
energetic and higher (until horizontal fwd) on meas 3-4

Part 3

- 1 facing ctr and moving straight towards ctr,
leap onto R ft fwd, sliding L ft bkwd (ct 1),
hop on R ft, swinging L ft in front (ct 2)
- 2 hop on R ft (ct 1), leap onto L ft in place, swinging
R heel bkwd (ct 2)
- 3 hop on L ft, swinging R leg to the front (ct 1),
leap onto R ft in place, raising L ft sharply behind
R leg and looking across R shoulder
- 4 jump on both feet paralell and slighttly apart (ct 1),
close both ft together with a smart click (ct 2)

N.B. Arm movements thruout meas 1-4 :
Swing arms straight fwd low on each ct & (before ct 1),
bkwd low on each ct & (before ct 2)

(continued)

Part 3 (continued)

- 5 turning face slightly L of ctr and moving sdwd
diag L bkwd, fall on L ft, raising R ft to R side,
knees together (ct 1), close R ft to L ft with a sharp
click, wt on both ft equally (ct &),
repeat action of ct 1-& (ct 2-&)
- 6-7 repeat action of meas 5 two more times
- 8 repeat action of ct 1-& of meas 5
turning face ctr, step on L ft bkwd, leaving R ft
on the floor (ct 2), hold (ct &)

N.B. Arm position thruout meas 5-8 : down at the sides

Part 4

- 1 facing ctr, step on R ft fwd, arms straight fwd,
step on L ft diag R fwd, arms remain straight fwd (ct 2),
- 2 step on R ft diag R fwd, arms remain straight fwd (ct 1),
close L ft, without wt, next to R ft, arms still straight
fwd (ct 2)
- 3 momentary bend and stretch both arms straight fwd
(ct & before ct 1), step on L ft bkwd, swinging bkwd low
(ct 1), step on R ft bkwd, swinging arms fwd low (ct 2)
- 4 step on L ft sdwd L, swinging arms bkwd low (ct 1),
close R ft, without wt, next to L ft, swinging arms
low fwd (ct 2)
- 5-6 repeat action of meas 2-3
- 7 step on L ft sdwd L, swinging arms bkwd (ct 1),
step on R ft next to L ft, swinging arms fwd low (ct 2)
- 8 repeat action of meas 4

SEQUENCE OF THE DANCE

Introduction: 16 measures

Part 1 6x
Part 2 4x
Part 3 3x
Part 4 3x
Part 1 4x
Part 2 4x
Part 3 3x
Part 4 3x

Above sequence is based on the musical phrases of the
original recording.

Presented by Jaap Leegwater at NW Balkan Music and Dance Festival, Seattle 1982
Description by Jaap Leegwater 1982