

Tranke le

(Bulgaria)

This is a dance for men and women from Shopluk region, Midwest Bulgaria. This dance is performed either with instrumental or vocal accompaniment. The dance pattern includes 10 measures: 6 to the right, 4 to the left.

Pronunciation:

CD: CD4, "Shtata se," Band 19.

Rhythm: 7/8 meter (2 2 3), counted 1 2 3.

Formation: Open circle facing R; belt hold.

<u>Meas</u>	<u>Pattern</u>
1	Hop on L to L (ct 1); step on R to R (ct 2); step on L to R (ct 3).
2	Step on R to R (ct 1); step on L to R (ct 2); step on R to R (ct 3).
3	Step on L to R (ct 1); step on R to R (ct 2); step on L to R (ct 3).
4	Hop on L to L (ct 1); step on R to R (ct 2); step on L to R (ct 3).
5	Repeat meas 4.
6	Facing ctr, jump onto both ft (ct 1); hold (cts 2-3).
7	Facing ctr, hop on R to L (ct 1); step on L to R (ct 2); step on R across in front of L (ct 3).
8	Facing ctr, hop on R to L (ct 1); step on L to R (ct 2); step on R across in back of L (ct 3).
9	Facing ctr, jump onto both ft (ct 1); hold (cts 2-3).
10	Facing ctr, raise onto both heels (ct 1); lower ft (ct 2); raise onto both heels (ct 3).

Presented by Daniela Ivanova