

Trakiiski Triti Puti Thrace

Rhythm: 2/4
Hold: W-Position
Formation: Semi circle
Source: Originally documented by Stefan Gjeorgiev in the 1950's this two part Triti Puti is from the town of Sliven. I learned the dance from Stoyan Karadjov.

Part One

Measure

- 1 Facing RLOD one graovka backing up in LOD:
Hop L extending R forward (1), Step back on R (&), Step back on L (2).
- 2 Repeat measure one.
- 3 Turning to face LOD, Step R, L (1, 2) (arms swing down)
- 4 Continuing in LOD, Step R, Touch L forward (1,2) (arms swing up)
- 5 - 8 Reverse pattern in opposite direction.

Part Two Arms swing forward and back throughout figure with the first forward on beat 1 measure 1.

- 1 Paidushka forward , paidushka side:
Facing center cross R foot in front of L (1), Step back on L(&), Step R to right (2), Step back on L(&)
- 2 Repeat measure one
- 3 Moving into center hop on L(1), Step R(&), Hop R(2), Step L(&)
- 4 Moving sideways, Hop L(1) Step R(&), Close L to R(2), Step R(&)
- 5 Same as in measure three but with opposite footwork moving back.
- 6 Same as in measure four but moving left.
- 7 Same as in measure one.
- 8 Same as in measure one.