

Tranke le

This is a male-female dance from Shopluk region, Midwest Bulgaria. The dance is in 7/8 meter (2 2 3). This dance is performed either with instrumental or vocal accompaniment. The dance pattern includes 10 measures: 6 to the right, 4 – to the left.

Starting position: open circle, belt hold, turning to the R

First measure:

On "one" – hop on L foot to the left
On "two" – step on R foot to the right
On "three" – step on L foot to the right

Second measure:

On "one" – step on R foot to the right
On "two" – step on L foot to the right
On "three" – step on R foot to the right

Third measure:

On "one" – step on L foot to the right
On "two" – step on R foot to the right
On "three" – step on L foot to the right

Fourth measure:

On "one" – hop on L foot to the left
On "two" – step on R foot to the right
On "three" – step on L foot to the right

Fifth measure – as the Fourth

Sixth measure:

On "one" – hop on both of the R and L foot facing center
On "two" – pause
On "three" – pause

Seventh measure:

On "one" – hop on R foot to the left, facing center
On "two" – step on L foot to the right
On "three" – cross step on R foot in front of L foot

Eighth measure:

On "one" – hop on R foot to the left, facing center
On "two" – step on L foot to the right
On "three" – cross step on R foot backward of L foot

Ninth measure:

On "one" – hop on both of the R and L foot facing center

On "two" – pause

On "three" – pause

Tenth measure:

On "one" – top on the heels of the both of the R and L foot facing center

On "two" – pause

On "three" – top on the heels of the both of the R and L foot facing center

TRANKE LE

TRANKE LE, TREPETLIKE LE

TRANKE LE, TREPETLIKE I-I-I,

TRANKE LE, TREPETLIKE I, I!

KARAMFILCHETO

KARAMFILCHETO, KARA-KARAMFILCHETO,

KITKA GLEDANA NEMIRISANA//