Record: Vitosha LP-1

Background: a line dance for men and women from Thrace.

Rhythm: 2/4

Starting Position: hands joined at sides. During the dance hands swing up on count 1 of every measure except during the slow part where the hands are described separately below.

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Measure Pattern 1 (Slow)

- Facing slightly and moving P, step forward on R ft. (ct1).

 Step forward on L ft. (ct 2).
- Turning to face center, Step sideward on R ft. (ct 1).
 Close L ft. to R ft. (ct 2).
- 3 Turning to face and moving L, step forward on L ft. (ct 1).
 Step forward on P ft. (ct 2).
- Turning to face center, step sideward L on L ft. (ct 1) Close P ft. to L ft. (ct 2).
- Facing center, step forward on R ft. (ct 1) Close L ft. to P ft. (ct 2).
- Step backwards on L ft. (ct 1).
 Step backwards on R ft. (ct 2).
- 7 Step backwards on L ft. (ct 1). Close P ft. to L ft. (ct 2)

Hands: Measure 1-2 . Shoulder height and extended

Measure 3-4 Hands swing down on each ct 1 & up on each ct 2.

Measure 5 Shoulder height and extended.

Measure 6-7 Same as measure 3-4.

Measure Pattern II (Fast)

- Facing slightly and moving R, hop on L ft. (ct 1).

 Small Step forward on R ft. (ct 1 &)

 Hop on R ft. (ct 2).

 Small step forward on L ft. (2 &)
- 2 Hop on L ft. (ct 1) Three small steps in place (R, L, R) (cts 1 ε, 2, 2 ε).

TRITE PHITE (Con'd)

Pattern II (Fast) (Con'd)

3-4 Same as measure 1-2 only moving backwards with opp/ft. wk.

Note: Hands swing forward on every ct 1 of each measure.

Measure Pattern III (fast)

- 1-2 Same as Measure 1 & 2, Pattern II.
- Facing center, hop on R ft. (ct 1).
 Step sideward L, slightly back on L ft. (ct 1 &).
 Step on R ft. next to L ft. slightly forward (ct 2).
 Step on L ft. in place (ct 2&)
- Step on R ft. next to L ft. slightly back (ct 1).

 Step on L ft. in place (ct 1 &)

 Step on R ft. next to L ft. slightly forward (ct 2)

 Step on L ft. in place (ct 2 &).
- 5 Hop on L ft. in place (ct 1).
 Step on R ft. Sideward R & slightly back (ct 1 &)
 Step on L ft. next to R ft. slightly forward (ct 2).
 Step on R ft. in place (ct 2 &)
- 6-7 Same as measure 3 & 4.

Presented by Dennis C. Boxell Seattle Festival, 1976