

TRITE PŮTI
(Bulgaria)

This dance comes from Strandža in Southeastern Thrace, and was learned from Professor Stefan Văglaroff, Sofia, in 1973. This is a popular form of dance in Eastern Thrace. The name "Trite Pŭti" means three times, but is also the name for a family of dances. (See dance notes by Richard Crum on Nama II.)

Pronunciation:

Record: Any good Trite Pŭti (e.g. Nama II). 2/4 meter.

<u>Meas</u>	<u>Ct</u>	<u>Pattern</u>
<u>PART I.</u>		
1	1	Facing L diag, step on R ft, flat footed, behind.
	&	Repeat action of ct 1 with opp ftwk.
	2	Repeat action of ct 1.
	&	Hold.
2	1-2	Repeat action of meas 1 with opp ftwk.
3	1	Facing ctr front, step to R with R ft. Arms begin to straighten, moving through fwd to back low pos.
	2	Step on L in front of R. Arms move to back low pos.
4	1	Step on R to R.
	2	Close L to R with a slap on floor, R diag. Arms hold in back low pos.
5-8		Repeat action of meas 1-4 with opp ftwk and direction.
9-16		Repeat action of meas 1-8.

<u>PART II.</u>		
Arms swing through fwd low (ct 1) and back low (ct 2) with a pendulum-type motion.		
1	1	Facing ctr, step on R in front of L.
	&	Step on L in place.
	2	Step on R to R back diag.
	&	Step on L in place
2		Repeat action of meas 1.
3	1	Hop on L.
	&	Step fwd on R.
	2	Hop on R.
	&	Step fwd on L.
4	1	Hop on L in place.
	&	Step on R ft to R.
	2	Close L ft to R.
	&	Step on R to R.
5	1	Hop on R ft in place.
	&	Step on L ft bkwd.
	2	Hop on L in place
	&	Step R ft bkwd.
6	1	Hop on R ft in place.
	&	Step L ft to L.
	2	Close R ft to L.
	&	Step L ft to L.
7-8		Repeat action of meas 1-2.

Dance notes by Janet Reineck and Stephen Kotansky.

Presented by Stephen Kotansky