

TRITE PÂTI

Трите Пъти
(Trakia - Bulgaria)

Trite Pâti is a very popular type of dance in Eastern Thrace and Strandža regions. The variation described here is one of many popular ones from the region of Sliven.

Music: Yves Moreau CD

Rhythm: 2/4

Formation: Short lines. Hands in "V" pos, down at sides. Face LOD, wt on L

Style: Earthy feeling. Proud. Sharp movements

Meter 2/4

Pattern

No special intro. Start with any musical phrase

1. Basic pattern

- 1 Hop on L (1) step on R (2)
- 2 Hop on R (1) step on L (2)
- 3 Repeat pattern of meas 1
- 4 Quick step on L in front of R (1) quick step on R ft (2)
- 5-7 Repeat motions of meas 1-3, but moving bkwards (facing RLOD)
- 8 Facing ctr, two quick steps in place R-L (1-2)
- 9 Facing ctr, step slightly fwd on R (1) raise arms diag. fwd (2)
- 10 Close L next to R (1) bend arms in W pos (2)
- 11-12 Same footwork as in meas 9-10 but with arms swinging up (1) and back (2)
- 13 Facing ctr, hop on L, arms swing fwd (1) step on R, arms start to swing back (2)
- 14 Cross L in behind R, arms start to swing fwd (2) step on R in place, arms start to swing back (1)
- 15-16 Repeat pattern of meas 13-14 with reverse direction, ftwork and armwork.

Repeat dance from beginning

Note : Arms swing fwd (uneven meas) and back (even meas) for meas 1-8 ;

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