

TRITI PĀTI OT STRANDŽA
(Bulgaria)

Triti pūti ("three times") is from the Strandža Mountains region, Eastern Bulgaria.

Pronunciation:

Record: Balkanton BHA 11134 Side A, Band 4.
 Balkanton BHA 10160 Side B, Band 6 2/4 meter

Formation: Open circle, hands joined in "V" pos.

<u>Meas</u>	<u>Pattern</u>
16 meas	Introduction.
	<u>PART 1</u>
1	Facing ctr, step on R ft sdwd R (ct 1); step on L ft next to R (ct 2).
2	Repeat meas 1.
3	Chug on L ft (ct 1); step on R ft sdwd R (ct &); cross and step on L ft behind R (ct 2); small step on R ft sdwd R (ct &).
4	Repeat meas 3 with opp ftwk.
	N.B. Throughout this Part swing arms straight fwd low on each ct 1, back low on each ct 2.
	<u>PART 2</u>
1-2	Repeat meas 1-2 of Part 1.
3	Chug on L ft (ct 1); cross and step on R ft in front of L (ct &); step on L ft in place (ct 2); cross and step on R ft in front of L (ct &).
4	Repeat meas 3 with opp ftwk.
	N.B. Throughout this Part arms swing as in Part 1, however a little bit more energetic and higher (until horizontal fwd) on meas 3-4.
	<u>PART 3</u>
1	Facing ctr and moving straight twd ctr, leap onto R ft fwd, sliding L ft bkwd (ct 1); hop on R ft, swinging L ft in front (ct 2).
2	Hop on R ft (ct 1); leap onto L ft in place, swinging R heel bkwd (ct 2).
3	Hop on L ft, swinging R leg to the front (ct 1); leap onto R ft in place, raising L ft sharply behind R leg and looking across R shldr.
4	Jump on both ft, parallel and slightly apart (ct 1); close both ft together with a smart click (ct 2).
	N.B. Arm movements throughout meas 1-4: Swing arms straight fwd low on each ct & (before ct 1); and bkwd low on each ct & (before ct 2).
5	Turning to face slightly L of ctr and moving sdwd diag L bkwd, fall on L ft, raising R ft to R side, knees together (ct 1); close R ft to L with a sharp click, wt on both

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- ft equally (ct &); repeat cts 1,& (cts 2,&).
 6-7 Repeat meas 5 two more times.
 8 Repeat cts 1,& of meas 5; turning to face ctr, step on L ft bkwd, leaving R ft on the floor (ct 2); hold (ct &).
 N.B. Arm pos throughout meas 5-8: down at the sides.

PART 4

- 1 Facing ctr, step on R ft fwd, arms straight fwd (ct 1);
 step on L ft diag R fwd, arms remain straight fwd (ct 2).
 2 Step on R ft diag R fwd, arms remain straight fwd (ct 1);
 close L ft, no wt, next to R, arms still straight fwd (ct 2).
 3 Momentary bend and stretch both arms straight fwd (ct &
 before ct 1); step on L ft bkwd, swinging arms bkwd low
 (ct 1); step on R ft bkwd, swinging arms fwd low (ct 2).
 4 Step on L ft sdwd L, swinging arms bkwd low (ct 1); close
 R ft, no wt, next to L, swinging arms low fwd (ct 2).
 5-6 Repeat meas 2-3.
 7 Step on L ft sdwd L, swinging arms bkwd (ct 1); step on
 R ft next to L, swinging arms fwd low (ct 2).
 8 Repeat meas 4.

SEQUENCE OF THE DANCE

Introduction: 16 meas

Part 1 - 6 times
 Part 2 - 4 times
 Part 3 - 3 times
 Part 4 - 3 times
 Part 1 - 4 times
 Part 2 - 4 times
 Part 3 - 3 times
 Part 4 - 3 times

Above sequence is based on the musical phrases of the original recording.

Description by Jaap Leegwater ©1982

Presented by Jaap Leegwater