

**Name:** **Trite Puti**

**Origin:** **Bulgaria**

**Source:** **Recreational Folk Dancing**

Line dance, arms in V-position. Meter 2/4

Note: The music for this dance tends to be fast. Keep all steps and hops small.

**Description:**

Measure Count Step

- |     |     |  |
|-----|-----|--|
| 1   | 1-2 | Facing slightly to the R, hop on L foot (1), step on R foot to R (&), hop on R foot(2), step on L foot to R    |
| 2   | 1-2 | Hop on L foot (1), step on R foot to R (&), step on L foot in front of R foot (2), step on R foot in place (&) |
| 3   | 1-2 | Hop on R foot (1), step on L foot to L (&), step on R foot in front of L foot (2), step on L foot in place (&) |
| 4   | 1-2 | Step on R foot next to L foot (1), step on L foot in place (&), step on R foot in front of L foot (2)          |
| 5-7 |     | Repeat measures 2-4  |

Variation

Pause

- |     |     |   |
|-----|-----|---|
| 1-2 |     | Same as basic   |
| 3   | 1-2 | Hop on R foot (1), step on L foot to L (&), close R foot to L foot (sharp close, almost a click), keep weight on L foot (2) |
| 4   | 1-2 | Hold  |
| 5-7 |     | Repeat measures 2-4   |

**Name:**            **Trite Puti**  
**Origin:**        **Bulgaria**

**Source:**        **Dick Oakes' Folk Dance**  
**Descriptions**

Pronunciation: TREE-teh PUH-tih.

Translation: Three times.

Source: Many instructors, including Dennis Boxell, Dick Crum, Stephen Kotansky, Jaap Leegwater, Yves Moreau, David Shochat, and Richard Unciano, have introduced variants of Trite Pūti (Trite Pāti, Trite P'ti) to folk dancers in the United States.

Background: Trite Pūti is a dance type that is found in much of eastern Thrace. The steps described are typical of those found in the Nova Zagora and Jambol area.

Music:        Atanas Kolarovski (LP) AK-003, side A, band 2 "Triti Pâi" Dansa (LP) 001, side 2, band 7 "Vurtyano Horo" Festival Records (LP) AMAN 103, side 1, band 4 "Trite Pāti" Festival Records (LP) AMAN 106, side 2, band 1 "Trite Pūti" Folkdancer (LP) MH-104, side A, band 4 "Trite Pāti" Folkdancer (45rpm) MH 45-3043, side b "Trite Pūti" NAMA (LP) 2, side B, band 4 "Kableškovo Horo" Naša Pesen (LP) NP 595, side 1, band 2 "Trite P'ti" XOPO (45rpm) X-332 "Trite Pūti" XOPO (LP) X-LP-2, side 1, band 1 "Trite Pāti" Vitosha (LP) VIT-001, side 1, band 3 "Trite Pūti".

Formation: Lines or open circle of mixed M and W with hands joined and held down in "V" position. End dancers have free hand on hip with thumb fwd and fingers back, or down at sides.

Rhythm: 2/4.

Steps/Style: Throughout the dance the arms are swung fwd 45 degrees on ct 1 and bwd 45 degrees on ct 2. Steps are small but danced with enthusiasm.

Introduction: Varies; begin with any musical phrase.

## Description:

### I. Bavno (Bahv-noo) Slow

- 1 Facing ctr, step R fwd (ct 1); step L fwd (ct 2);
- 2 Step R swd (ct 1); touch L beside R (ct 2);
- 3 Step L bwd (ct 1); step R bwd (ct 2);
- 4 Step L swd (ct 1); touch R beside L (ct 2);
- 5 Step R fwd (ct 1); touch L beside R (ct 2);
- 6 Step L bwd (ct 1); step R slightly bwd (ct 2);
- 7 Step L swd (ct 1); step R next to L (ct 2);
- 8 Step L swd (ct 1); touch R beside L (ct 2).

9-16 Repeat action of meas 1-8.

### II. Napred, nazad (Nuh-Preht, nuh-Zaht) Fwd, Bwd

- 1 Facing and moving slightly diag R, low hop L (ct 1); step R fwd (ct &); low hop R (ct 2); step L fwd (ct &);
- 2 Low hop L (ct 1); step R fwd (ct &); turning to face ctr, step L slightly fwd bending L knee slightly (ct 2); step R slightly bwd (ct &);
- 3 Facing slightly diag to L and moving slightly bwd diag R, low hop R (ct 1); step L bwd (ct &); low hop L (ct 2); step R bwd (ct &);
- 4 Low hop R (ct 1); step R bwd (ct &); turning to face ctr, step R next to L (ct 2); step L next to R (ct &).

5-8 Repeat action of meas 1-4.

### III. Ljulka (Lyool-kuh) Zig-zag

- 1 Facing and moving diag to R, low hop L (ct 1); step R fwd (ct &); step L fwd (ct 2); step R fwd (ct &);
- 2 Repeat action of meas 1 in same dir with opp ftwk;
- 3 Turning to face ctr, low hop L (ct 1); step R bwd (ct &); step L bwd (ct 2); step R bwd (ct &);
- 4 Low hop R (ct 1); step L swd (ct &); step R next to L (ct 2); step L swd (ct

5-8 Repeat action of meas 1-4.

### IV. Na mjesto (nuh Myass-too) In place

- 1 Facing ctr, hop L in place raising bent R knee fwd (ct 1); step R next to L (ct &); hop R in place raising bent L knee fwd (ct 2); step L next to R (ct &);
- 2 Hop L in place raising bent R knee fwd (ct 1); step R next to L (ct &); step L in front of R (ct 2); step R in place in back of L (ct &);
- 3 Hop R in place raising bent L knee fwd (ct 1); step L next to R (ct &); step R in front of L (ct 2); step L in place in back of R (ct &);
- 4 Hop L in place raising bent R knee fwd (ct 1); step R next to L (ct &); hop R in place raising bent L knee fwd (ct 2); step L next to R extending R leg fwd in preparation for scissor-kicks (ct &);
- 5 Step R in place next to L extending L leg fwd (ct 1); step L next to R extending R leg fwd (ct &); step R next to L extending L leg fwd (ct 2); step L next to R extending R leg fwd (ct &).

6-10 Repeat action of meas 1-5.

Repeat entire dance from beginning.

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