

# YAMBOLSKO TRITE PUTI

*Origin:* From Yambol region, eastern Thrace, SE Bulgaria    *Introduction:* 4 measures

*Source:* Taught by Yuliyana Yordanov, NIFD, Autumn Leaves XXII, 2005

*Styling:* Knees are slightly bent, arms are relaxed, not tense and bent slightly at elbows throughout dance. M steps are heavier, W are lighter. Each measure of the dance can be counted "one-and-two-and" and these counts will occasionally be used in single quotes in the description below. In each measure, the part of the dance that falls on "one and" is on the first line, and the part that falls on "two and" is on the second line. Generally there is a subtle up-down movement of the whole body: up on "one", down on "and", up on "two", down on "and." This dance can be done to many different pieces of music.

**Measures**    **Pattern One** - *Weight on L foot. Face R (measures 1-2), face center (measures 3-8). Basic trite p̃ati arm swings throughout.*

- 1    Bounce on L, step to R w/R (bounce, step, bounce, step) REPEAT w/opposite footwork
- 2    Bounce on L, step to R w/R (bounce, step, cross, back) step to R w/L, crossing in front of R, step back on R
- 3    Facing center, bounce on R, step on L to L (bounce, step, leap, step)  
Leap on R to L, crossing in front of L, step on L to L
- 4    Leap on R to L, crossing behind L, step on L to L (leap, step, leap, step)  
Leap on R to L, crossing in front of L, step on L to L
- 5    Bounce on L, step on R to R (bounce, step, cross behind, step)\*  
Step L behind R, step FWD on R
- 6    Same as 5, w/opposite footwork (bounce, step, cross behind, step)
- 7    Bounce on L, step FWD slightly on R (bounce, step, step, step)  
Step FWD slightly on L, bend FWD slightly from waist, step back on R
- 8    Leap back on L, step back on R (leap, step, close, hold)\*\*  
Close L to R with emphasis (on "two") and hold ("and")

\* variation (5) - cross steps w/L in front of R, instead of behind

\*\* variation (8) - measure 8 is same as measure 7, but backing up, w/opposite footwork

**Pattern Two** - *Start w/weight on L foot. Always face center except measure 5. In measures 1-4, bend knees slightly after each step (on "and"), and make a pattern on the floor into the center and out like a BKWD capital D. Arch to left (measures 1-2), then straight back (measures 3-4). Arms are bent slightly at elbows, relaxed throughout*

- 1    Step R diagonally FWD to L (step and step and) step L FWD
- 2    Step R diagonally FWD to R (step and close and) close L to R, but don't take weight  
*NOTE:* Measures 1-2, raise arms a bit on each step, to end w/hands slightly higher than forehead.
- 3    Step back on L (step and step and) step back on R, lifting arms slightly on "one" in anticipation to bring down on "and" swing arms back on "two"

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# ...JAMBOLSKO TRITE PUTI CONTINUED

- 4 Step back on L (step and close and) close R to L, but don't take weight, swinging arms FWD on "one" back on "two" (basic)
- 5 Step FWD diagonally on R to R, turning to face 45° to L (step and close and) close L to R, but don't take weight. Bring arms up to W position on "one", and stay in W position, bouncing gently, down on "and", up on "two", down on "and"
- 6 Step back to previous position w/L (step and close and) close R to L, but don't take weight. Bounce arms up in W position, up on "one", swing down to V position on "and", swinging back on "two" to resume basic trite pûti arm swings, which continue in measures 7-8.
- 7 Step R to R (step and close and) close L to R, but don't take weight \*
- 8 Same as 7, opposite footwork (step and close and) \*\*

\* variation (7) - bounce on L, step to R w/R (bounce, step, cross, back)  
Step to R w/L, crossing in front of R, step back on R

\*\* variation (8) - leap on L back and slightly to L, step R next to L (leap, step, close, hold)  
Step on L next to R w/emphasis, taking weight, hold

**Pattern Three** - "Leap" = a flat footed, small, heavy leap. In measures 1-2, the R foot stays slightly ahead of L until the leap at end of measure 2. Face center on measures 1-4. Basic trite pûti arm swings throughout pattern three.

- 1 Bounce on L, step FWD on R (bounce, step, leap, step)\*  
Leap FWD on L, step FWD on L
- 2 Leap FWD on L, step FWD on R (leap, step, leap, step)\*  
Leap FWD on L, step BKWD on R
- 3 Bounce on R, step back on L (bounce, step, bounce, step)  
Bounce on L, step back on R
- 4 Bounce on R, step back on L (bounce, step, leap, step)  
Leap back on R, rock FWD to step on L
- 5 Face RLOD. Bounce on L, step R to L, crossing in front of L (bounce, step, step, step)  
Step L to L, step R to L, crossing in front of L
- 6 Bounce on R, pivoting to face LOD, step L to R, in front of R (pivot, step, step, step)  
Step R to R, step L to R, crossing in front of R
- 7 Body still faces center, head looks left, bounce on L, step R to L crossing in front of L (bounce, step, step, step)  
Step L to L, step R to L in front of L
- 8 Still facing center, with head looking left, step L to L, step R to L crossing in front of L (step, step, step, hold)  
Step L to L and hold

\* variation (1-2) - For M, all steps after the first bounce are heavy steps

(pattern 4 on next page)

# ...YAMBOLSKO TRITE PUTI CONTINUED

## Pattern Four - Face center throughout

- 1 Jump and land w/R foot FWD. L back, weight on R (jump, land, bounce, and)  
Bounce on R, begin swinging L in sideways arc FWD
- 2 Bounce on R, L continues around to front (bounce, and, fall, and) fall FWD onto L  
*NOTE:* On measures 1-2 bring arms up to hold in front of you parallel to floor, with elbows slightly bent as you jump at beginning of measure 1. Slowly rise to above head by end of measure 2, w/elbows still slightly bent.
- 3 Bounce on L while R swings in sideways arc FWD (bounce, and, fall, and) fall FWD onto R. Arms stay up.
- 4 Jump onto both feet shoulder width apart, and w/knees bent more, hold (both, and, close, and)  
Pull feet together under you, straightening legs to regular relaxed position (not ram rod straight) and hold. As you jump on both feet, bring arms down to W position, with hands not very far FWD of body (on "one") bring hands down to V position, as you bring feet together (on "two") hold (on "and")
- 5 Return to basic trite pûti arm swings until beginning of measure 8. Bounce on L, step R to R (bounce, step, cross, back) step L to R, crossing in front of R, step back on R
- 6 Same as 5 with opposite footwork (bounce, step, cross, back)
- 7 2 reel steps: bounce on L, swinging R back to step behind L (reel step, reel step) bounce on R, swinging L back to step behind R
- 8 Same footwork as measure 4 (arms are different) - Put arms FWD as at beginning of measure 1, as you jump w/feet apart (on "one") and hold (on "and") Put arms down to V position as you bring feet together (on "two") and hold (on "and")

Do patterns 1-4 in the following order:

- 1, 2
- 1, 2
- 1, 2
- 1, 3, 4
- 3, 4
- 1, 2,
- 1, 2
- 1, 2
- 1, 3, 4
- 1