

Tranke le

(Bulgaria)

This is a dance for men and women from Shopluk region, Midwest Bulgaria. This dance is performed either with instrumental or vocal accompaniment. The dance pattern includes 10 measures: 6 to the right, 4 to the left.

Pronunciation:

CD: CD4, "Shtata se," Band 19.

Rhythm: 7/8 meter (2 2 3), counted 1 2 3.

Formation: Open circle facing R; belt hold.

Meas

Pattern

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| 1 | Hop on L to L (ct 1); step on R to R (ct 2); step on L to R (ct 3). |
| 2 | Step on R to R (ct 1); step on L to R (ct 2); step on R to R (ct 3). |
| 3 | Step on L to R (ct 1); step on R to R (ct 2); step on L to R (ct 3). |
| 4 | Hop on L to L (ct 1); step on R to R (ct 2); step on L to R (ct 3). |
| 5 | Repeat meas 4. |
| 6 | Facing ctr, jump onto both ft (ct 1); hold (cts 2-3). |
| 7 | Facing ctr, hop on R to L (ct 1); step on L to R (ct 2); step on R across in front of L (ct 3). |
| 8 | Facing ctr, hop on R to L (ct 1); step on L to R (ct 2); step on R across in back of L (ct 3). |
| 9 | Facing ctr, jump onto both ft (ct 1); hold (cts 2-3). |
| 10 | Facing ctr, raise onto both heels (ct 1); lower ft (ct 2); raise onto both heels (ct 3). |

Presented by Daniela Ivanova