

# Trey Pazūshte

(Bulgaria)

This Vlach dance is from the village of Sofronievo, North Bulgaria.

Pronunciation:

CD: ILBD # 9 - 2002

2/4 meter

Formation: Mixed open circle, leader at R end. The hands are on belts.

## Meas

## Pattern

4 meas INTRODUCTION. No action.

### I. VRACHANSKATA

- 1 Facing ctr, step on L to L side while bouncing with the knees (ct 1); bounce with the knees (ct &); step on R next to L while bouncing with the knees (ct 2); bounce with the knees (ct &).
- 2 Step on L to L side while bouncing with the knees (ct 1); bounce with the knees (ct &); step on R next to L keeping wt on L (ct 2); hold (ct &).
- 3 Big step on R to R side (ct 1); hold (ct &); step on L behind R while slightly squatting (ct 2); hold (ct &).
- 4 Step on R to R side, straightening the body (ct 1); hold (ct &); close L next to R while bouncing keeping wt on R (ct 2); bounce (ct &).
- 5-20 Repeat meas 1-4 four times (five total).
- 21-22 Repeat meas 1-2.
- 23 Leap onto R in place (ct 1); leap onto L in place (ct &); leap onto R in place (ct 2); hold (ct &).

### II. NA MESTO

- 1 Step on L diag L while turning and slightly bending the body in the same direction (ct 1); step bkwd on R (ct &); step on L next to R straightening body (ct 2); lift on L (ct &).
- 2-4 Repeat meas 1 alternating ftwk.
- 5 Facing ctr, leap onto L in place (ct 1); leap onto R across L (ct &); leap onto L in place (ct 2); hop or lift on L (ct &).
- 6-8 Repeat meas 5 alternating ftwk.

### III. TRI PAZA, PAZA

- 1 Facing ctr, step fwd on L while bending the body fwd and lifting R heel bkwd high (ct 1); hold (ct &); brush, touching the ground while moving R ft from back to front (ct 2); hold (ct &).
- 2 Brush with R from front to back (ct 1); hold (ct &); stamp R next to L, no wt (ct 2); hold (ct &).
- 3 Leap onto R in place (ct 1); leap onto L next to R (ct &); leap onto R in place (ct 2); lift or hop on R (ct &).
- 4-6 Repeat meas 1-3.
- 7 Repeat meas 1.
- 8 Stamp on R next to L, no wt (ct 1); hold (ct &); step on R in place (ct 2); lift or hop on R (ct &).

## Trey Pazŭshhte—continued

- 9 Facing diag L, step on L, deeply bending L knee (ct 1); step fwd on R diag L, straightening L knee (ct &); step on L in place, deeply bending L knee (ct 2); step on R next to L straightening knee (ct &).
- 10-11 Repeat meas 9 twice.
- 12 Facing CW, step on L to L side (ct 1); lift on L (ct &); step on R across L (ct 2); leap onto L to L side (ct &).
- 13 Step on R across L (ct 1); leap onto L to L side (ct &); step on R across L (ct 2); lift or hop on R while turning to face CCW (ct &).
- 14 Facing CCW, step on L across R (ct 1); leap onto R to R side (ct &); step on L across R (ct 2); leap onto R to R side (ct &).
- 15 Step on L across R (ct 1); lift or hop on L while turning body to L side (ct &); step on R across L (ct 2); lift or hop on R (ct &).
- 16 Leap onto L behind R ft (ct 1); leap onto R across L (ct &); leap onto L in place (ct 2); lift or hop on L while facing ctr (ct &).
- 17 Facing ctr, leap onto R next to L (ct 1); leap onto L across R (ct &); leap onto R in place (ct 2); lift or hop on R (ct &).
- 18-19 Repeat meas 17, alternating ftwk.

Sequence: Fig I, Fig II, Fig III twice.  
Repeat the figures in this sequence twice.

Presented by Iliana Bozhanova and Lyuben Dossev