

Tranke le

Bulgaria

This is a dance for both men and women from Shopluk region, Central West Bulgaria. The dance is named after “Tranke le” song. The dance pattern includes one figure in 10 measures and one figure in 8 measures..

Pronunciation: TRAHN-keh-leh

Music: *From Bulgaria and Beyond* CD. Band 11.

Formation: Open circle; belt hold, facing LOD.

7/8 meter (QQS)

Steps & Styling: Feet parallel.

Meas

Pattern

16 meas INTRODUCTION

I. FIGURE I

- 1 Hop on L to the right (ct 1); step on R ft to the right (ct 2); step on L ft to the right (ct 3).
- 2 Step on R to the right (ct 1); step on L to the right (ct 2); step on R to the right (ct 3).
- 3 Repeat meas 2 with opp fwk
- 4 Repeat meas 1
- 5 Repeat meas 2
- 6 Jump onto both of the feet facing ctr (ct 1); pause (cts. 2, 3)

Note: after the jump (ct 1) girls shout sharply “Ih-ih-ih!

- 7 Hop on R ft (ct 1); step on L to the left (ct 2); step on R in front of the L (ct 3).
- 8 Hop on R ft (ct 1); step on L to the left (ct 2); step on R behind L (ct 3).
- 9 Jump onto both of the feet facing ctr (ct 1); pause (cts. 2&3)
- 10 Bending the knees (cts.1, 2); bending the knees (ct 3).

Note: together with binding the knees girls shout sharply “Ih-ih-ih!

II. FIGURE II

- 1 Step on R to the right (ct 1); step on L to the right (ct 2); step on R to the right (ct 3).
- 2 Repeat meas 2 with opp fwk
- 3-8 Repeat meas 1-2.

Note: the circle is moving LOD; more characteristic for these “ruchenitsa” step is jumpy style.

9-16 Repeat meas 1-8 with opp fwk in RLOD.

Presented by Daniela Ivanova