

BERAÇE

(Presparë, Tosk Albanian)

This is a two-measure form of Beraçe, popular with the Tosk Albanians living in the Lake Prespa region of Macedonia. Beraçe is also popular among the Slavic-speaking Macedonians (Berançe, Pušceno, Bufsko, Armentsko) and Greeks (Leventikos, Lytos). It is more common though in a three measure form.

FORMATION: Men and women in open circle with "W" position hand-hold.

RHYTHM: 12/16; Dancers counts: 1 2 3 4 5

METER: 12/16

PATTERN

Meas Count

- | | | |
|---|---|--|
| 1 | 1 | Facing center, lift or hop on L ft bringing R leg with knee bent up in front or behind |
| | 2 | step on R ft to R, wt on both feet |
| | 3 | hold or finish transfer of wt |
| | 4 | step on ball of L ft raising up slightly behind and close to R ft |
| | 5 | turning to face slightly R, step on R ft slightly to R. |
| 2 | 1 | Facing slightly R of center, lift on R ft, lifting L ft up and in back of R ft |
| | 2 | step on L ft fwd, wt on both feet |
| | 3 | hold |
| | 4 | step fwd on R ft raising up slightly |
| | 5 | step fwd on L ft. |

VARIATION FOR WOMEN (MEAS. 2)

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|---|---|--|
| 2 | 1 | Facing slightly R of center, touch L ft beside R ft and bounce on both |
| | 2 | step fwd on L ft across and in front of R ft |
| | 3 | hold |
| | 4 | step on R ft with slight accent or raising up on it |
| | 5 | step fwd on L ft. |

NOTE: During dance, leader or leaders may break off and dance a solo with slow turns and waving, subtle arm movements. This dance is very similar to the "Sta Dhio"-Pogonosios type of dance, only it is in 12/16 meter.

WOMEN'S FORM

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|---|---|---|
| 1 | 1 | Facing center, lift on L ft |
| | 2 | step on R ft to R (wt. on both feet) |
| | 3 | hold |
| | 4 | step on L ft behind R ft |
| | 5 | step on R ft to R |
| 2 | 1 | Lift on R ft, slight kick of L ft fwd |
| | 2 | step on L ft to L (wt on both feet) |
| | 3 | hold |
| | 4 | step back on R ft behind L ft |
| | 5 | step on L ft across and in front of R ft. |

Presented by Steve Kotansky at the Laguna Folkdancers Festival 1995