

Çobankat

(Albania)

Çobankat ("cho-BAHN-kaht") means "The Shepardesses." It is a traditional song of the "Tosk" people of Albania. The words extoll the freedom to be found in the Albanian mountains. I have put typical Albanian steps to the melody.

MUSIC: "Çobankat," Track 11 on the CD "ayde Mori" by Muammer Ketencoglu, et.al., released by Kalan Muzik, Istanbul

FORMATION: Open circle.

HANDHOLD: Low handhold. ("V").

STYLE: Bounce twice gently on every ct (1&).

METER: 2/4

PATTERN

Meas

1-2 Introduction – instrumental solo, then four drumbeats.

I Instrumental – Cross behind, then move

- 1 Facing ctr and dancing in place: Step on R ft (1), step on L ft behind R (2), step on R ft in place (&).
- 2 Repeat meas 1 with opp ftwk (1,2&).
- 3 Facing ctr, but moving to the R: Step on R ft to R (1), step on L ft behind R (2), step on R ft to R (&).
- 4 Step on L ft crossed in front of R (1), step on R ft to R (2), step on L ft crossed in front of R (&).
- 5-8 Repeat meas 1-4
- 9 Repeat meas 1
- 10 Repeat meas 2
- 11 Repeat meas 3

(That is: Repeat this dance motif 2 ¾ times. There is no meas 12.)

II Song verse – Step fwd and lift

- 1 Facing ctr and dancing in place: Step fwd on L ft crossed in front of R (1), bounce 2 times on L ft while R ft swings around to a position directly in front of L shin and then bak again (2&).
- 2 Step on R ft directly behind L (1), step on L ft directly behind R (2), moving to the R, step on R ft to R (&).
- 3-12 Repeat meas 1-2 five more times. (Six times in all.)

III Song refrain – Crossing in front

- 1 Step fwd on L ft crossed in front of R (1), turning slowly to face L, bounce 2 times on L ft while R ft swings slowly around in front of L (2&).
- 2 Repeat meas 1 with opp. ftwk.
- 3-4 Repeat meas 1-2 of Fig. 2 ("Song verse.")
- 5-7 Repeat meas 1-3.
- 8 Step on R ft directly behind L (1), bounce 2 times on R ft as L ft twists slightly behind R leg, then swings around in front of R ft (2&).
- 9-13 Repeat meas 1-5 of Fig. 2 ("Song verse.").

The dance repeats from the beginning. Meas 13 of Fig 3 is left out the last time the song is sung. Use the step of Fig 2 on the last instrumental phrase. End by bringing ft slowly together.

*(Style note: A slight hesitation **may** be made before each transfer of weight. That is: tread ever so slightly after the beat.)*

Cobankat

(Albania)

1

Çobankat moj që shkojnë
Zallit moj çobankat ë
Shkojnë e tjerrin për djemtë
Malit moj çobankat ë

Oh, my shepherdesses who walk
On stony paths, oh, my shepherdesses
Go and spin (wool) for the boys
In the mountains (freedom fighters), oh,
my shepherdesses.

Chorus:

O liri , liri për djemtë e malit ë

Oh, freedom, freedom for the boys in the
mountains

Djemtë moj me yllë të kuq mes ballit ë
O moj çobankat ë
O moj të mirat ë

Boys with a red star on their foreheads
Oh, you shepherdesses
Oh, you good ones.

2

//Tirr motër moj të tjerrim
Tu bëjmë rroba trimave //

Spin, my sister, spin now
To make clothes for the heroes.

3

Tirre trashë o mos e tirr
Hollë moj mos e tirr moj
Për trimat që flejnë dë
Borë o moj në dëbor

Spin it thick, not thin
Do not spin it thin.
For the heroes who sleep
In the snow, oh, the snow.