

Podrishtë1
(Southern Albania)

Source: Spresa Uli

Recording: Seminar CD

Formation: Lines with "W"- hold or, Men with shoulder-hold

Music: 2/4 (slow part) 11/16 (fast part)

Meas

Slow Music

- 1 Facing center, Step Rft fwd (ct 1); Lift on Rft raising onto ball of Rft (ct &); Step back on Lft (ct 2); Lift on Lft (ct &).
 - 2 Repeat action of meas 1.
 - 3 Facing slightly R of center, Step Rft fwd to R (ct 1); Step Lft fwd (ct &); Step Rft fwd (ct 2); Step Lft fwd (ct &).
 - 4 Raise slowly onto ball of Lft and bring Rft behind L ankle or lower thigh (ct 1); Hold (cts &,2,&).
 - 5-6 Repeat meas 3-4.
 - 7 Facing center, Step Rft across and in front of Lft and bring arms to a position parallel to floor (ct 1); Step Lft to L (ct &); Step Rft across and in front of Lft (ct 2); Step Lft to L (ct &).
 - 8 Repeat action of meas 4.
 - 9-10 Repeat action of meas 7-8.
 - 11-20 Repeat action of meas 1-10.
 - 21-26 Repeat action of meas 1-6.
 - 27 Step onto ball of Rft behind ankle of Lft (ct 1); Step Lft slightly to Lft (ct &); Step onto ball of Rft behind ankle of Lft (ct 2); Step Lft slightly to L (ct &).
 - 28 Stamp Rft beside Lft and lift arms from "W" position to an upward extended "V" (ct 1); Hold (cts &,2,&).
 - 29-30 Repeat action of meas 27-28.
 - 31-40 Repeat action of meas 21-30.
 - 41-46 Repeat action of meas 1-6.
 - 47 Continuing to move to R, Step fwd onto ball of Rft (ct 1); Step Lft fwd in front of Rft (ct &); Step onto ball of Rft (ct 2); Step Lft fwd in front of Rft (ct &).
 - 48 Repeat action of meas 28.
 - 49-50 Repeat action of meas 47-48.
 - 51-60 Repeat action of meas 41-50.
- Note: Each step is done twice and only meas 7-10 are variations.

Fast Music

The dance rhythm changes to a fast 11/16, Dancer's cts: 1-2-3-4-5

- 1 Step Rft to R with accent (ct 1); Lift on Rft and bring Lft across and in front of Rft with bent knee (cts 2-3); Step Lft across and in front of Rft (cts 4-5).
- 2 Repeat action of meas 1.
- 3 Step Rft to R Preparing to Chasse (ct 1); slide Lft to Rft (ct&); Step Rft to R (ct 2-3); Step Lft across and in front of Rft (cts 4-5).
- 4 Repeat action of meas 3.
- 5 Step Rft to L across and in front of Lft (ct 1); Step Lft to L (ct 2); Lift on Lft and bring Rft around and to back (ct 3); Step on Rft behind Lft (ct 4); Step Lft slightly to L (ct 5).
- 6-7 Repeat action of meas 5 twice (3 times in all) except, hold wt on Rft (ct 5) of meas 7.
- 8 Step Lft to L (ct 1); Lift Rft up and in front, knee bent (ct 2); Hold (cts 3-5)