

VALLE E PERMETIT

(Permet, Albania)

This is a *Pogonishte*-type dance from Permet in Southern Albania. I learned it in Germany and it is attributed to the Dutch dance teacher Ben Koopmanschoop.

Pronunciation: VAHH-leh eh Puhr-MEH-teet
 Formation: Open circle, arms up in "W" position
 Music: 2/4

Meas

Basic *Pogonishte*

- 1 Facing center, step R to R with a slight *plie* (ct 1); step L behind R (ct 2); turning to face slightly R of center, step R fwd and to R (ct &).
- 2 Step L fwd and to R (ct 1); step R fwd (ct 2); step L fwd (ct &).
- 3-10 Repeat meas 1-2 except during last clarinet solo where 16 meas (8 *Pogonishte* steps) are danced.

Song

- 1 Facing R of center, step R fwd and begin to bring L fwd in a back-pedaling bicycle motion (ct 1); hop on R and bring L knee up parallel to the floor (knee is bent) (ct &); step L fwd (ct 2); step R fwd beside L (ct &).
- 2 Step L fwd (ct 1); pivot on L to face center (ct &); step R back (ct 2); lift L up in front of R shin and turn knee in so that L is almost perpendicular to R (ct &).
- 3 Turning to face L of center, step L fwd with slight *plie* (ct 1); step R fwd beside L (ct &); step L fwd (ct 2); lift on L and bring R fwd (ct &).
- 4 Step R fwd (ct 1); hop/lift on R and pivot to face R of center bringing raised L (knee bent) around and in front (ct &); step L fwd to R (ct 2); hold (ct &).
- 5-20 Repeat meas 1-4 four more times (5 times in all).



Map of Albania

Presented by Stephen Kotansky
 Statewide 2012