

VLASKO ZA POJAS

A Vlach dance "with belthold" ("za pojias") from East Serbia. I learned this dance from Ciga Despotovic, a well-known folk dancer and teacher from former Yugoslavia.

Formation: open circle

Handhold: belthold (right arm under, left over)

Dance description:

count

steps

Figure 1

1 & 2 & 3 & 4 &	Moving to the right: Step on right foot "backwards" while leaning forward from waist and turning body to the left (1), step on left foot next to right straightening body and facing center (&), repeat 1& two times (2&3&), repeat 1 (4), facing center: hop on right foot bringing left foot up near right calf (&).
5 & 6&	Moving into the center: Step on left foot (5), hop on left foot (&), step on right foot crossed in front of left (6), hop on right foot (&).
7 & 8 &	Moving away from center: run three steps (L,R,L) backwards (7 & 8), hop on left foot (&).
9 – 16	Repeat 1-8.

Figure 2

1 & 2 e &	In place: Hop on left foot, bringing right knee up (1), step on right foot (&), touch ball of left foot forward and "hop" on right foot (2), repeat 2 (e), step on left foot (&).
3 & 4 e &	Repeat 1&2e&.
5 e &	Turning slightly to the left: jump on right foot to right (5), step on left next to right (e), step on right in place (&).
6 e &	Repeat 5e& with opposite footwork.
7 & 8 &	Repeat 1&2& from Figure 1.
9 – 16	Repeat 1-8.

Figure 3

- 1 e & a Facing slightly right: Step on right (1), stamp left next to right (e), small hop on right foot (&) stamp left foot next to right (a).
- 2 e & a Repeat 1e&a.
- 3 a Stamp right foot to right (3), lift right foot (a).
- 4 & Step right foot to right (4), step on left foot behind right (&).
- 5 – 16 Repeat 1-4 three more times.

Intermezzo

- 1 2 3 4 Step to the right on right foot, facing left (1), step to the left on the left foot, facing right (2), repeat 1-2 (3 4).

The steps follow the musical phrases:

	Figure 1
	2
	3
	Intermezzo
	1
	2
	3
	1 (not intermezzo)
	1
	2
	3
	Intermezzo
	1
	2
	3
	1 (not intermezzo)

Final ending: stamp on right foot toward center.