

GILANSKO (GEE-lahn-sko) (GEE as in geese)

Dance from Gilani, Yugoslavia, where 90% of the population is Albanian.

RECORD: WT-LP-64701 Meter: 2/4

FORMATION: Broken circle, L hand on own L hip, R arm resting in crook of neighbor's L elbow.

Meas	Pattern
8	<u>INTRODUCTION (Drum Beats)</u>
1	Moving in LOD, step on ball of R ft (ct 1), come down on full R ft, bending R knee slightly (ct 2)
2	Step on ball of L ft (ct 1), come down on full L ft, bending L knee slightly (ct 2)
3	Lift on L (ct 1). Facing ctr, step swd R on R, bending R knee (ct &) hold (ct 2), straighten R knee (ct &)
4	Lift twice on R, L ft raised slightly off the ground (cts 1-2)
5-6	Still facing ctr, repeat action of meas 3-4, reversing ftwk and direction.
7-8	Still facing ctr, repeat action of meas 3-4
9-10	Take four running steps fwd into ctr (L,R,L,R)
11-16	Still facing ctr and moving bwd, repeat action of meas 3-8, reversing ftwk, stepping fwd in meas 11 and stepping bwd in meas 13 and 15.

RECORD:

METER:

FORMATION:

Meas

Pattern

PART I

1

Facing and moving in LOD, step on L (ct 1), step R, swinging arms bwd (ct 2), hop on R (ct 3), step L, swinging arms fwd (ct 4), step R, swinging arms bwd (ct 5), step L, swinging arms fwd (ct 6), step R, swinging arms bwd (ct 7), step L swinging arms fwd (ct 8)
(As a variation, do skipping steps on cts 2 and 3)

2-4

Repeat action of meas 1 three more times.

PART II

Head up, shoulder height, elbows bent.

1

Facing ctr, small step swd R on ball of R (ct 1), step L behind R (ct 2) small step swd R on ball of R (ct 3), step L across R (ct 4), step swd R on R (ct 5), step L behind R (ct 6), hop on L (ct 7), step R fwd in front of L (ct 8)

2

Repeat action of meas 1, Part II, reversing ftwk and direction

3-4

Repeat action of meas 1-2, Part II

Repeat dance from beginning

Note: It is customary to walk for the first four measures, and begin the dance with Part II.