

Moj Maro, Moj Mari

albanian

History

A Southern Albanian dance, I learnt it from Steve Kotansky in 2004. The j is pronounced like a y so it sounds like *moy marrow, moy marry*.

Rhythm

The music is in 6/8 time, danced as either 3-3 (slow, slow) or 2-1-3 (slow, quick, slow).

Steps

Start in a line with arms in a basketweave hold or a W hold with interlocked elbows, facing right of centre.

First part

Step forward with the right, then the left (slow, slow).

Step forward with the right, cross the left in front of the right, rock back onto the right (slow, quick, slow).

Step back with the left, close the right beside the left, step forward with the left (slow, quick, slow).

Turning to face centre step to the side with the right, then cross behind with the left (slow, slow).

Do the first part twice.

Second part

Step to the side with the right, cross the left in front, then rock back onto the right (slow, quick, slow).

Cross behind with the left, step to the side with the right, cross behind with the left (slow, quick, slow).

Do the second part twice.

Music

Findhorn 1 - Summer 2004 produced by Steve Kotansky, available from me.

The music for the second part is played four times as an introduction, the dance starts with the singing.

Dance description by Andy Bettis 3/2005