

# Valle Dangelishtë

(Kolonjë, Albania)

SOURCE: Village dancers from Southern Albania

MUSIC:

FORMATION: Open circle with "W" handhold

MUSIC: 8/8 Dancer's beats 1-2-3 Slow -quick -Slow or 1- 2 Slow -Slower

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METER: 8/8

PATTERN

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Meas

- 1 Facing slightly R of center, Lift on Lft and raise R knee fwd parallel to ground ( ct 1 ); Step Rft fwd (ct 2,3).
- 2 Continuing fwd, reverse ftwk of meas 1
- 3 Repeat action of meas 1
- 4 Turning to face center, bring R knee up and in front parallel to ground (ct 1); releasing, Rft inscribes a circular path out to L and back (cts 2-3).
- 5 Bring Rft behind L knee and bounce on Rft ( ct 1 ); Bounce on Rft again and lead Lft to L side(ct 2,3) .
- 6 With weight on both feet, Bounce ( ct 1 ); Hold or bounce slightly ( cts 2,3 )
- 7 Bring Rft up and front of L knee (ct 1); Bring Rft in an circular path to R side and back behind L knee (cts 2-3)
- 8 With R ft behind L knee, Bend Lft knee with accent ( ct 1 ); Straighten ( cts 2,3)

## Variation I

- 1-3 Repeat ftwk of meas 1-3 above but turn one CW to R with R hand held at head level to R
- 4 Stamp L ft in place and raise R hand higher above head and to R with an affirmative "yeah" gesture ( ct 1 ); Hold ( ct 2,3)
- 5 "Dyshe" in pairs, join L hand to partners L shoulder and place R hand behind R own R ear resting on head and, bend knees to touch R knee to ground behind L ft ( ct 1 ); Rise (cts 2,3);
- 6 Reverse hands but keep same kneeling motion as meas 5.
- 7 Step Rft to R and initiate a full CW turn to R on Rft with L knee up and Lft parallel to ground (cts 1-3)
- 8 Accented step Lft in place ( ct 1 ); accented step Rft without wt ( ct 2,3 )

## Variation II

- 1-3 Repeat action of meas 1-3 of Basic
- 4 Repeat action of meas I of Basic (4 lift steps to R)
- 5 Bring Rft around in front to L knee ( ct 1 ); Release and bring Rft around and to back (still facing R of center) (cts 2-3).
- 6 Step onto Rft behind Lft with a slight accent (ct 1); Hold (cts 2,3).
- 7 Step Lft to L and initiate a full CCW turn to L on the Lft with the R knee up and Rft parallel to ground (cts 1-3)
- 8 Accented step Rft in place ( ct 1 ); accented step Lft in place ( cts 2,3).

*Presented by Stephen Kotansky at the Laguna Folkdancers Festival 2003*