

# VALLE POGONISHTE

(Albania)

Variations to the basic *Pogonishte* dance-type from South Albania; also related to the Greek dance *Pogonisos* or *Sta Dyo* from Epirus.

Pronunciation: VAHL-leh Poh-goh-NEE-shteh

Music: Camp Hess Kramer 2007 CD

2/4 meter

Formation: Open mixed circle. Hands in W pos.

Styling: Proud. Bounce twice gently on every ct.

Meas \_\_\_\_\_ Pattern

1-4 Introduction. Four drumbeats, no action.

## 1. Basic travel (Instrumental)

1 Facing ctr, step on R to R (1); step on L behind R (2); step on R to R (&).

2 Facing LOD step on L fwd (1); step on R fwd (2); step on L fwd (&).

3-8 Repeat pattern of meas 1-2, three more times.

9 Facing ctr, step on R to R (1); close L to R (2); hold (ct &).

10-18 Repeat pattern of meas 1-9.

## 2. Cross behind, travel & lift (song melody A)

1 Facing ctr, step on R to R (1); cross L behind R (2); step on R in place (&).

2 Repeat pattern of meas 1 with opp ftwrk.

3 Repeat pattern of meas 1, Fig. 1.

4 Facing ctr, step slightly fwd on L (1); raise R knee (2); hold (&).

5-16 Repeat pattern of meas 1-4, three more times.

## 3. Side steps, leg swing & travel (song melody B)

1 Repeat pattern of meas 1, Fig. 1 with larger steps.

2 Step on L across R (1); come up onto ball of L, swinging R leg across to L (2); step on R across L (&).

3-4 Repeat pattern of meas 1-2 with reverse dir and ftwrk.

5-9 Repeat pattern of meas 5-9, Fig. 1.

10-18 Repeat pattern of meas 1-9.

Note: Dance repeats from beginning (Figs 1-33) but Fig 1 is only done once (meas 1-9).

Finale: After doing dance 2 times, start Fig 1 again, meas 1-7 only, end with meas 4, Fig 2 (raising R knee).

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