

Valle E Mesme

(Albania)

This is a women's dance from central Albania that Roberto learned from Martin Inhs in 2004.

Pronunciation: VAH-leh eh MEHZ-meh

Music: 4/4 meter *Ethnic Festival 2011 CD, Track 7*

Formation: Mixed circle, facing center, hands joined in V-position.

Steps & Styling: A scarf is used to mirror the steps and body position. The scarf is sometimes held in both hands, sometimes in one hand, beginning with the Transition into Fig 5.

<u>Meas</u>	<u>4/4 meter</u>	<u>Pattern</u>
2 meas		<u>INTRODUCTION</u> . No action.
	I.	<u>FIGURE 1</u>
1		Facing ctr, touch R in front twd ctr (ct 1); step R to R (ct 2); step L behind R (ct 3); step R to R; turning to face LOD (ct 4).
2		Facing LOD, touch L fwd (ct 1); step fwd with three quick steps, L-R-L (cts 2-4).
3		Repeat meas 1-2 three more times.
	II.	<u>FIGURE 2</u>
1		Facing ctr, touch R twd ctr (ct 1); step R in place (ct 2); touch L twd ctr (ct 3); step L in place (ct 4).
2		Touch R twd ctr (ct 1); step R to R (ct 2); step L behind R (ct 3); step R to R, turning to face LOD (ct 4).
3		Facing LOD, touch L twd ctr (ct 1); step fwd with three quick steps, L-R-L (cts 2-4).
4		Facing ctr, step R to R (cts 1-2); step L behind R (ct 3); step R in place (ct 4).
5-8		Repeat meas 1-4 with opp ftwk and direction.
9-16		Repeat meas 1-8.
	III.	<u>FIGURE 3</u>
1		Facing ctr, touch R twd ctr (ct 1); step R in place (ct 2); touch L twd ctr (ct 3); step L in place (ct 4).
2		Touch R twd ctr (ct 1); step R to R (ct 2); step L behind R (ct 3); step R to R, turning to face LOD (ct 4).
3		Turning to face ctr, touch L twd ctr (ct 1); bounce three times on R, bringing L foot to the side and behind R calf (cts 2-4).

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4 Step L to L (ct 1); step R in front of L (ct 2); step L to L (ct 3); step R across in front of L (ct 4).

5-8 Repeat meas 1-4 with opp ftwk and direction.

9-16 Repeat meas 1-8.

IV. FIGURE 4

1 Facing ctr, leap on R bkwd, lifting L leg in front, knee bent (ct 1); leap onto L in place (ct 2); touch R in front (ct 3); lift R in front, knee bent (ct 4).

2 Step R bkwd (ct 1); step L in place (ct 2); step R to R (cts 3-4).

3 Step L behind R (ct 1); step R in place (ct 2); step L to L (cts 3-4).

4 Step R behind L (ct 1); step L in place (ct 2); step R to R (ct 3); step L in front of R (ct 4).

5-24 Repeat meas 1-4 five more times.

TRANSITION (Take scarf in R hand.)

1 Step R to R (ct 1); step L crossing closely behind R (ct &); step R in place (ct 2); repeat cts 1-2 with opp ftwk and direction.

2 Repeat meas 1.

V. FIGURE 5

1 Facing LOD, three quick steps R-L-R (cts 1,&,2); three quick steps, L-R-L (cts 3,&,4).

2-8 Repeat meas 1 seven more times.

VI. FIGURE 6 (scarf in R hand, changing to both hands)

1 Step R to R (ct 1); step L crossing closely behind R (&); step R in place (ct 2); repeat cts 1, &, 2 with opp ftwk and direction (cts 3-4).

2 Bringing hands high, step on R heel to R (ct 1); step L next to R (ct &); step on R heel to R (ct 2); step L next to R (ct &); leap R to R (ct 3); lifting L foot behind R calf, leap L to L, lifting R behind L calf (ct 4).

3-8 Repeat meas 1-2 three more times.

VII. FIGURE 7 (scarf in both hands)

1 Leap onto R to R (ct &); step L to L (ct 1); turning to face RLOD, step R, L (cts 2-3); hop on L, lifting R back, and turning to R to face LOD (ct 4).

2 Leap onto R fwd lifting L foot behind R calf, (ct 1); leap onto L fwd, lifting R behind L calf (ct 2); repeat cts 1-2 (cts 3-4).

3-8 Repeat meas 1-2 three more times.

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VIII. FIGURE 8 (scarf held above head with both hands)

- 1 Step R to R (ct 1); step L crossing closely behind R (ct &); step R in place (ct 2); repeat cts 1, &, 2 with opp ftwk and direction (cts 3,&,4).
- 2 Step R in place, pushing off the ball of R three times and turning twice in place to R, hands high (cts 1,&,2,&,3,&); step R in place (ct 4).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5-8 Repeat meas 1-4.
- 9-16 Repeat meas 1-8.

IX. FIGURE 9

- 1 Facing LOD, three quick steps, R-L-R (cts 1,&,2); three quick steps, L-R-L (cts 3,&,4).
- 2 Repeat meas 1.
- 3 Step R fwd (ct 1); hop on R lifting L in front (ct 2) turning to face RLOD, step L fwd (ct 3); hop on L, lifting R in front (ct 4).
- 4 Three quick steps R-L-R (cts 1,&,2); step L fwd (ct 3); hop on L, lifting R in front (ct 4); turning to face LOD.
- 5-16 Repeat meas 1-4 three more times.

ENDING

- 1 Facing LOD three quick steps, R-L-R (cts 1,&,2); three quick steps L-R-L (cts 3,&,4).
- 2 Repeat meas 1.
- 3 Facing ctr, step R in front of L (ct 1); step L in place (ct 2); close R to L, bringing R arm down (cts 3-4).

Presented by Roberto Bagnoli