

# VALLJA E RRAJCES

(Albania)

This is a 2-measure dance in 12/8 from East-Central Albania. It belongs to the *Beratche/Beranče* family of dances and is also known as *Valle Dibrane* and *Valle Matjane*.

Pronunciation: VAHL-yah EH RAYEE-tsuhs  
Formation: Open circle with arms in "W" position  
Music: 12/8 counted as 3-2-2-3-2 and danced as 1 2 3 4 5

## Meas

### **Two-Measure Basic (Song)**

- 1 Facing center, lift on L and bring R knee up in front (ct 1); turning to face R of center, lift slightly on L again (ct 2); step R fwd to R (ct 3); step L fwd (ct 4); turning to face center, step R to R(ct 5).
- 2 Lift on R and bring L and knee up in front (ct 1); lift slightly on R again (ct 2); step L slightly to L (ct 3); step R fwd directly in front of L (ct 4); step back on L (ct 5).
- 3-4 Repeat meas 1-2.
- 5 On ct & before ct 1, step quickly on to ball of R to R (ct & before ct 1); step L on L behind R (ker-plunk) (ct 1); repeat cts 2-5 of meas 1 (cts 2-5).
- 6 Repeat meas 2.
- 7-8 Repeat meas 5-6.

### **Four-Measure Pattern in Place**

- 1 Facing center, bounce/lower on L and extend R and leg fwd low (ct 1); continue slight bounce to dancers' beats and bring R around and in back of L knee (ct 2); hook R behind L knee or calf (R knee is turned out) (ct 3); bounce/bend on L and turn R knee to face center (ct 4); bounce again on L and turn R knee back out (ct 5). Note: cts 1 and 4 are accented slightly.
- 2 Lift on L and bring R knee up and fwd (ct 1); lift slightly on L again (ct 2); step R to R (ct 3); step L fwd in front of R twd center (ct 4); step R back to place (ct 5).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5-8 Repeat meas 1-4.

### **Four-Measure Pattern Traveling (Syncopated)**

- 1 Facing slightly R of center, hop on L and raise R knee up in front (ct 1); step R quickly fwd (ct & or 2<sup>nd</sup> beat of 3 ct); hop/lift on R and raise L knee up in front (ct 2); step L fwd (ct 3); turning to face center, step R to R (ct 4); step L quickly behind R (ct & or 2<sup>nd</sup> beat of 3 ct); step R in front of L (ct 5).
- 2 Lift on R and bring L knee up and in front and hold a momentary pose (ct 1); lower onto R and slowly bring L around and in back of R knee (cts 2-3); rise on R with L behind R knee or calf and L knee turned out (ct 4); lower onto R (ct 5).

3-4 Repeat meas 1-2 with opp ftwk and direction

5-8 Repeat meas 1-4.

Sequence: Begin dance with Two-Measure Basic and when singing begins, follow the 8 measure sequence written above. Alternate the Four-Measure patterns as written (during the instrumental music) with the Two-Measure Basic during the singing (i.e. ABAC ABAC etc.). At end, continue the Two-Measure Pattern and even add a CW turn to R during meas 1 cts 3-5.

Presented by Stephen Kotansky  
Statewide 2012



Albanian postage stamp