

Presented by Ciga Despotović

VLAŠKO ZA POJAS
East Serbia

The Vlach people are a ethnic minority who live in Eastern Serbia

RECORD: Ciga & Ivon Despotović, Vol. 3, Side 1, Band 3.

FORMATION: Mixed lines in belt hold (L over R), facing ctr.

METER: 4/4

PATTERN

Meas.

INTRODUCTION - 4 meas.

FIG. I:

- 1 Step R to R (ct 1), close L to R (ct 2), repeat cts 1-2 (cts 3-4).
- 2 Repeat meas 1, cts 1-2 (3 step closes in all) (cts 1-2),
Step R to R, lift L bkwd.
Note: R shldr moves fwd on cts 1,3,1 and straightens on cts 2,4,2. When stepping on R, R knee bends, when stepping on L straighten and face ctr.
- 3 Step L fwd (ct 1), Lift R bkwd (ct 2), step R across L (ct 3),
lift L bkwd (ct 4).
- 4 Moving bkwd step L,R,L.(cts 1-3),hold (ct 4).
Note: Meas 3-4, arms have strong bounce movement.

FIG. II:

- 1 Lift L fwd (ct 1), step R fwd, knee bent (ct 2), double bounce on R - touch L diag L fwd on first bounce - bend slightly sdwd from hip to face diag L.(ct 3,&), step L in place, straightening (ct 4).
- 2-3 In place step RLR LRL. Face ciag L on the first 3 steps and diag R on the second 3 steps.
- 4 Repeat Fig. I, meas 1 (2 step-closes).
- 5-8 Repeat meas 1-4.

FIG. III:

- 1 Turning to face slightly R of ctr, step R in place (ct 1), Stamp L in place with no wt and lift R heel.(ct &), drop on R in place (ct 2) stamp L with no wt (ct &), repeat cts 1,&,2,& facing slightly L with opp ftwk (cts 3,&,4,&).
- 2 Facing slightly R, stamp R to R side with no wt (ct 1), hold (ct &), step R straight fwd (ct 2), step L in place (ct &).
- 3-8 Repeat meas 1-2, 3 more times (4 in all).

FIG. IV:

- 1-2 Facing ctr, with ft astride, double bounce R,L,R,L.

Note: Do dance with flat styling, lots of body movement, added lifts, almost hops, etc.

DANCE SEQUENCE

Fig. 1,2,3,4 - 1,2,3, - 1 (do 4 times), 2,3,4 - 1,2,3 - 1