

Vlaško za pojas

(Serbian Vlach)

A Vlach dance "with belt-hold" ("za pojas") from East Serbia. I learned this dance from Ciga Despotović, a well-known folk dancer and teacher from former Yugoslavia.

Music: Ciga Despotović LP #3

Formation: Open circle. Belt hold (right arm under, left over).

METER: 4/4

PATTERN

Meas

Figure 1 - Basic Vlach pattern

- 1 Moving to the right: While pivoting on ball of L ft, step on right foot "backwards" while leaning forward from waist and turning body to the left so that R shoulder is nearer ctr (1), step on left foot next to right straightening body and facing center (&), repeat 1& two times (2&3&), step on R ft to R (4), facing center: hop on right foot bringing left foot up near right calf (&).
- 2 Moving into the center: Step on left foot (1), hop on left foot (&), step on right foot crossed in front of left (2), hop on right foot (&). Moving away from center: run three steps (L,R,L) backwards (3 & 4), close R ft to L, without taking wt on R (&).
- 3-4 Repeat meas 1-2.

Figure 2 - Lift and touch

- 1 Turning to face slightly R of ctr and dancing in place: Hop on left foot, bringing right knee up (1), step on right foot (&), turning to face slightly L of ctr, touch ball of L ft diag fwd and bounce on right foot (2), repeat 2 (e), step on left foot (&). Repeat 1&2e& (3&4e&).
- 2 Turning slightly to the left: jump on right foot to right (1), step on left next to right (e), step on right in place (&). Repeat 1e& opp dir and ftwk (2e&). Repeat 1&2& from meas 1, Fig. 1 (3&4&).
- 3-4 Repeat meas 1-2.

Figure 3 - Stamping

- 1 Facing slightly right: Step on right (1), stamp left next to right (e), small hop on right foot while lifting L knee (&), stamp left foot next to right, without taking wt(a). Repeat 1e&a. w opp dir and ftwk (2e&a), stamp right foot to right without taking wt (3), wait (e&), lift right foot (a), step right foot to right (4), step on left foot behind right (&).
- 2-4 Repeat meas 1 three more times.

Variation for cts 2e&a3a: Facing slightly L, step on L ft (2), stamp R ft next to L, without taking wt (e), bring R leg, with bent knee, around in a larger arc to R (&a). Set R heel on ground, diag R (3), wait (e&), lift R ft (a).

Dick

Intermezzo

1 2 3 4 Step to the right on right foot, facing left (1), step to the left on the left foot, facing right (2), repeat 1-2 (3 4).

The steps follow the musical phrases:

Figure 1
 2
 3
 Intermezzo
 1
 2
 3
 1 (not intermezzo)
 1
 2
 3
 Intermezzo
 1
 2
 3
 1 (not intermezzo)

Final ending (cts 3&4& of meas 2, Fig. 1): Moving away from center: run only two steps (L,R) backwards (3 &), jump quickly onto left foot (4), and stamp right foot toward center (&).

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