

# Valle Dangellishtë

(Kolonjë, Albania)

Source: Village dancers from Southern Albania

Recording: Camp CD

Formation: Open circle with "W" handhold

Music: 8/8 Dancer's beats 1-2-3 Slow<sup>3</sup>-quick<sup>2</sup>-Slow or 1-2<sup>3</sup> Slow<sup>3</sup>-Slower<sup>5</sup>

## Meas

- 1 Facing slightly R of center, Lift on Lft and raise R knee fwd parallel to ground (ct 1); Step Rft fwd (ct 2,3).
- 2 Continuing fwd, reverse ftwk of meas 1
- 3 Repeat action of meas 1
- 4 Turning to face center, bring R knee up and in front parallel to ground (ct 1); releasing, Rft inscribes a circular path out to L and back (cts 2-3).
- 5 Bring Rft behind L knee and bounce on Rft (ct 1); Bounce on Rft again and lead Lft to L side (ct 2,3)
- 6 With weight on both feet, Bounce (ct 1); Hold or bounce slightly (ct 2,3)
- 7 Bring Rft up and front of L knee (ct 1); Bring Rft in an circular path to R side and back behind L knee (cts 2-3)
- 8 With R ft behind L knee, Bend Lft knee with accent (ct 1 ); Straighten (ct 2,3)

## **Variation I**

- 1-3 Repeat ftwk of meas 1-3 above but turn one CW to R with R hand held at head level to R
- 4 Stamp L ft in place and raise R hand higher above head and to R with an affirmative "yeah" gesture (ct 1); Hold (ct 2,3)
- 5 "Dyshe" in pairs, join L hand to partners L shoulder and place R hand behind R own R ear resting on head and, bend knees to touch R knee to ground behind L ft (ct 1); Rise (cts 2,3);
- 6 Reverse hands but keep same kneeling motion as meas 5.
- 7 Step Rft to R and initiate a full CW turn to R on Rft with L knee up and Lft parallel to ground (cts 1-3)
- 8 Accented step Lft in place (ct 1); accented step Rft without wt (ct 2,3)

## **Variation II**

- 1-3 Repeat action of meas 1-3 of Basic
- 4 Repeat action of meas 1 of Basic (4 lift steps to R)
- 5 Bring Rft around in front to L knee (ct 1); Release and bring Rft around and to back (still facing R of center) (cts 2-3).
- 6 Step onto Rft behind Lft with a slight accent (ct 1); Hold (ct 2,3).
- 7 Step Lft to L and initiate a full CCW turn to L on the Lft with the R knee up and Rft parallel to ground (cts 1-3)
- 8 Accented step Rft in place (ct 1); accented step Lft in place (ct 2,3).