

# Vlaško Za Pojas

(Serbian Vlach)

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

MUSIC: Ciga Despotovic LP #3

FORMATION: Open circle. Belthold (right arm under, left over)

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METER: PATTERN

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Counts

## **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 (&),
- 2 & 3 & repeat 1& two times (2&3&),
- 4 & repeat 1 (4), facing center: hop on right foot bringing left foot up near right calf (&).
- 5 & 6& Moving into the center: Step on left foot (5), hop on left foot (&), step on right foot crossed in front of left (6), hop on right foot (&).
- 7 & 8 & Moving away from center: run three steps (L,R,L) backwards (7 & 8), close R ft to L, without taking wt on R (&).
- 9 - 16 Repeat 1-8.

## **Figure 2 - Lift and touch**

- 1 & 2 e & 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 left foot forward and "hop" on right foot (2), repeat 2 (e), step on left foot (&).
- 3 & 4 e & Repeat 1&2e&.
- 5 e & Turning slightly to the left: jump on right foot to right (5), step on left next to right (e), step on right in place (&).
- 6 e & Repeat 5e& with opposite footwork.
- 7 & 8 & Repeat 1&2& from Figure 1.
- 9 - 16 Repeat 1-8.

## **Figure 3 - Stamping**

- 1 e & a 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).
- 2 e & a Repeat 1e&a. w opp dir and ftwk.
- 3 a Stamp right foot to right without taking wt (3), wait (e&), lift right foot (a).
- 4 & Step right foot to right (4), step on left foot behind right (&).
- 5 - 16 Repeat 1-4 three more times.

*Variation for meas 2 and 3: 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).*

**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, Figure 2, Figure 3, Intermezzo

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

Figure 1, Figure 2, Figure 3, Intermezzo

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

Final ending (7&8& of Fig. 1): Moving away from center: run only two steps (L,R) backwards (7 &), jump quickly onto left foot (8), and stamp right foot toward center (&).