

DANCES FROM ALBANIA



ALBANIAN FOLK DANCE COURSE WITH
MARINA WOLSTENHOLME
ORGANISED BY S.I.F.D.



CECIL SHARP HOUSE

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The enclosed notes are as reminders only, for people who have done the course.
Please do not try to learn a dance from these notes, they cannot convey style.
Also, please do not pass these notes on to anyone else, or copy them. For additional copies of
notes and CD accompaniment please contact me at marina_w@talktalk.net

Thank you.
Marina Wolstenholme

Cover- Back apron from Albanian woman's costume:- private collection

CONTENTS

Number	Title	Country	Page
	Map of The Balkans		
1	POGONISHTE	ALBANIA	1
2	VALLE KOSOVARE	ALBANIA	2
3	ÇOBANKAT	ALBANIA	4
4	VALLE E DARDHES	ALBANIA	5
5	LESKOVIKUT	ALBANIA	6
6	ŽENSKA ALBANSKA IGRA	ALBANIA	7
7	HALLE E MADVE	ALBANIA	8
8	HIDHE MOJ HIDHE KËMBËN’O	ALBANIA	10
	Abbreviations and Glossary		12

Music tracks on the accompanying CD are also in the above order.

POGONISHTE - *Albania*

Region	Pogon, S Albania originally. Now found everywhere.
Title	Dance from Pogon
Source	Original source Fehmi Shaqiri. Learned from Martin Ihns.
Rhythm	4/4
Formation	Open circle, hands W, facing centre, RF free.
Style	This dance has the same pattern as the Greek Sta Dhio, and resembles it in style. Often Albanian dances tend to have a “sinking” into the start of each step, and a heel lead is another prominent feature of the style.
Intro	Start anywhere.

Bar	Beats	
		A
1	1-2	Side R
	3	Cross L behind R
	4	Side R
2	1-2	Cross L across R
	3	Side R
	4	Cross L across R

As the dance progresses, the movement becomes much livelier, and a hop appears at the beginning of each step.

VALLE KOSOVARE - *Albania*

Region	Kosovo and NE Albania.
Title	Dance from Kosovo
Source	From original material collected in Albania by Lisette Lageveld. I learned it from Jan Knoppers.
Rhythm	4/4
Formation	Open circle of women, L-hand on waist of woman at L side, R hand free, face centre. RF free.
Style	“Sinking” into the steps with a dip of the knee. The arm movements are made at the wrist.
Intro	None. Dance starts immediately. If necessary leave out one step and then come in.

Bar	Beats	
		A
1	1-2	Step side R Arm moves over 4 beats from front to R side palm down
	3	Cross R behind L
	4	Side R
2	1-2	Step across R with L in LOD Arm moves back to place in 4 beats
	3	Side R
	4	Cross over L (POGONISHTE!)
3-16		Repeat these 2 bars
		B
1	1-2	Bounce on both feet Hands in fists on hips
	3	Cross L behind R
	4	Back onto R
2	1-2	Bounce on both feet
	3	Cross L behind R
		Back onto L
3		Side R
		Cross L behind
	4	Side R
4	1-2	Cross L in front
	3	Side R
	4	Cross L in front
5	1-4	Make a full turn to R with 3 R heel steps (heel R step L 3x)
6	1-2	Finish turn
	3-	Step R in place ending turn, pick up LF b y RF
		Rep the turn to opp side opp ftwk
		Repeat all B

Bar Beats

C “Light Bulbs”

1	1	Step side R on heel	LH on hip.	R arm in W turn palm of hand in twds body
	2	Cross L behind R.		Let hand return to start position
	3-4	Repeat beats 1&2		
2-4		Repeat twice more		
5	1-2	Fwd R to centre		Fists on hips
	3	Fwd L		
	4	Fwd R		
6	1-2	Fwd L		
	3	Fwd R		
	4	Fwd L		
7	1-2	Back R		
	3	Back L		
	4	Back R		
8	1-2	Back L		
	3	Back R		
	4	Back L		
		Repeat all of C		

ÇOBANKAT- *Albania*

Region	Korça. A traditional song of the Tosk people
Title	Shepherdess
Source	Lee Otterholt put the traditional Pogonishte steps to this song. I learned it from Jan Knoppers and again with Yves Moreau
Rhythm	4/4 counted as long, short short, as in Greek Sta Dhio
Formation	Open circle, hands W
Style	Upright, proud, stepping softly with gentle bouncing throughout, especially on the main beats
Intro	4 bars, start with song.

Bar	Beats	
		A
1	1-3 4	Side R with a bounce, step L crossed behind R, return to RF
2	1-3 4	Rep to L
3	1-3 4	Travelling, step R in LOD, step L behind R, step R in LOD
4	1-3 4	Step on L across R in LOD, step on R, step on L across R
5-8		Rep bars 1-4
9-11		Rep bars 1-3

		B
1	1 2	Step on L crossed in front of R and bounce on it
	3 4	Bounce 2x more on L, swing R leg round to lift in front
2	1-3 4	Step back R L side R
3-12		Rep B 6x in all

		C. Chorus
1	1 2	Step on L across R
	3 4	Lift R in front bounce 2x on L turning ¼ turn L
2		Rep to opp side
3 4		Rep bars 1 & 2 of B
5-7		Rep bars 1-3 of C
8	1 2	Step back on R bouncing on it 3x
	3 4	LF twists and lifts behind R calf
9-11		Rep bars 1-3 of B

Ending (Instrumental)

After the end of the song, fig B repeats until the end of the music.

VALLE E DARDHES - *Albania*

Region	S.E. (Tosks)
Title	Dance from Dardhes
Source	Yves Moreau, who learned it from the folk ensemble of Tirana
Rhythm	Slow 2/4
Formation	Open circle, hanky in R hand, or to hand. W hold
Style	The dances of the Tosk people are elegant and graceful. The Gegs, in the north have warrior –like dances. The Tosk men wear a fustanella, as worn in Greece, the Gegs wear black costumes. The basic step is the Pogonishte,(same as the Greek Sta Dhio).Footwork is Macedonian, “chewing-gum” feet, feeling the floor, and rolling the foot down from toe to heel, with much ankle and knee work.
Intro	2 bars

Bar	Beats	
		A
1	1&2	Lift on L to prepare. Step on ball of RF bending knee, bring LF up behind R up on balls of feet
2	1-	Fwd R bending knee and bringing LF up to R heel (down-up-down)
3-4		Repeat off LF, lift off LF
5	1-	Facing L, step back on R, pause lift off RF
6	1-	Step back on L, prepare,
7	1-	Side R, pause
8	1-	Close L to R lowering heels Repeat all A
		B Fig of 8 with hanky
1 2	1 2	Face centre, feet together, L hand behind lower back, swing hanky in R across body to L and R in an “S” shape
3-4		Repeat bars 1 and 2 Rejoin hands.
5	1-	Side R facing slightly R
6	1-	Point L across R
7	1-	Facing centre, side L
8	1-	Close R to L lowering hands Repeat all B

LESKOVIKUT - *Albania*

Region	Korça. S. Albania
Title	Dance from Leskovikut
Source	Emin "gaxha" Islami
Rhythm	4/4
Formation	Open circle facing to the L. Hands V and W
Style	Lively in 1 st fig, smooth and graceful in 2 nd part.
Intro	4 bars on the drum

Bar Beats

A. Wait with LF pointing to the L

1	1	Step on LF to L
	2	Hop on L, lifting R knee across in front
	3 4	Run R L
2	1	Step on R
	2	Hop on R lifting LF up close to calf
	3 4	Run L R
3		Face centre
	1&	Step hop L kicking R leg out in front close to ground
	2&	Hop hop on L pulling R leg in by L calf, (no need to point)
	3&4&	4 runs on the spot R L R L. This brings the wt onto the LF and the dance continues with a <u>hop-step</u> and run run, (whereas the 1st time it was step-hop) Repeat this fig. 3x, but on last time only 2 runs and place RF flat on floor and bring arms up. Looking to the R, kneel on L knee for 4 bts rise up on R for 2 bts. (If can't kneel, just dip)

B. Travel to R

1	1 2	Cross L across R, step R
	3	Cross L across R, still in front, hold
2	1 2	Step R, step L behind R
	3-	Step R and pause, with LF out to side on toe, look over shoulder at LF Dance continues until leader signals change

C. Double time

1	1&	Step L across R, step R
	2&	Rep
	3&	Rep
	4	Cross step on L and pause Rep bar 2 of B The dance continues with B or C as signalled by the leader

ŽENSKA ALBANSKA IGRA -*Albania*

Region	A dance from Albanians on the Serbian/Albanian border.
Title	Albanian woman's dance. Also known as Ženska Šiptarska Igra.
Source	Originally Ciga and Ivon Despotović. I learned it from Jan Knoppers.
Rhythm	7/8 Counted Long, short short.
Formation	Open circle of women, arms wide scarf in RH, LF free. The arms move freely between their positions.
Style	Gliding and smooth. The womens' baggy trousers in the costume for this dance explain the occasional long steps

Bar	Beats		
		A	
1	1	Step L across R in LOD (long step.)	Arms to L side.
	2-3	Step R	
2	1	Long step L with bent knee	
	2-3	Step R then L	
3	1	Step R facing centre	Arms W
	2	Touch L ball of foot next to R, hips to L	
	3	Hold, hips to R	
4	1	Fwd L to centre	
	2	Touch R ball of foot next to L, hips to R	
5	1	Long step to L with R across L knee bent,	Arms to R
	2	Close L to R	
	3	Cross with R across L again	
6	1	Step back L out of circle,	Arms to centre
	2-3	Fwd R to resume starting position	Arms to L again

B

1-4	A turn can be added as a variation signalled by the leader. Dance the first 4 bars as above
5	Footwork as in bar 5 above (R,LR) but make a complete turn to the L, arms stretched to side, palms up, RH low, initiates the turn, the L arm is held high. After the turn, dance bar 6 above ready for re-start.

HALLE E MADVE - *Albania*

Region	Western Macedonia, Debar. Originally a wedding dance. At weddings in these regions, members of the family are invited to lead a dance. Aunts and Uncles are very important in Slav culture, and take a large part in ceremonies.
Title	Great Aunt's Dance
Source	Emin Islami
Rhythm	4/4
Formation	Open circle, hands in W, with a large hanky or scarf in each hand. RF free.
Style	Heel leads in many of the steps, especially when going sideways, or on the turns. Free-flowing arms.
Intro	16 bars

Bar	Beats	
	A	
1	1	Step R heel to side. Arms move to R
	2	Close L to R Arms move L
	3	Side R on heel Arms move R
	4	Weight RF Arms stay R
2	1-4	Rep. above to L
3-4		Rep. bars 1 & 2
		Turn to R in 6 beats as follows
5	1	Step on R heel L hand on hip, R sideways, leading the turn
	2	Weight RF
	3	Step on L heel
	4	Step R
6	1	Step on L heel
	2	Weight L
	3	Rock back onto RF Arms swing down
	4	Rock fwd onto LF
7-18		Repeat bars 1-6 twice more
19	1-2	Heel R close L
	3-4	Heel R close L
20	1-4	Heel R close L heel R and pause
21-22		Repeat bars 19-20 to opp. side

Bar	Beats	
		On spot
23	1-2	Side R When going to R, R hanky up, L down
	3	Step L cross behind R
	4	Step R in place
24		Repeat bar 23 opp. Side
25-46		Repeat bars 1-22
47-52		Repeat bars 1-6
	B	The "Ossums" On Spot
1	1-2	Step side R Hanky held in a triangle shape, changing sides, as above
	3	Cross L behind R
	4	Step R in place
2		Rep. to L
3-8		Repeat this step 8 times
	C	"Follow the light"
1	1	Side R on heel LH on hip, R waving the hanky
	2	Close L
	3-4	Side R heel, weight R, make ½ turn R to end facing out of the circle
2		Repeat with L, end facing in
5-8		Repeat bars 1 & 2
		Repeat bars 1-4, in opp direction, back to place
	D	Closing (or exit) figure
1	1-2	Side R on heel, close L L hand on hip, R waving hanky high on R
	3-4	Repeat
2	1-4	R heel close R, weight R
3-4		Repeat bars 1-2 opp side, opp foot and arm work
5	1-2	Step side R
	3	Cross L behind R
	4	R in place
6		Rep to L
7	1-2	Step R to start full turn along LOD Both arms high and wide
	3-4	Step L
8	1-2	Step R to end turn
		Step L and R slightly bwds
		Repeat bars 1-8 to opp. Side
		Repeat bars 1-8 of sction C
		Repeat bars 1-2 of C, and keep going, don't turn back but carry on till end of music (or off stage)

HIDHE MOJ HIDHE KËMBËN'O

Albania

Region	City and region of Përmet
Title	“Spring, spring, o you legs!”
Source	Andrea Kokeri
Rhythm	3/4
Formation	Open circle or line of women, turned twds LOD, W hold, RF free.
Style	Very elegant, dainty steps on the travelling, leading with the toe.
Intro	17 bars. Start with the song.

Bar	Beats	
		A
1	1	Bounce on L while lightly pointing RF in LOD
	2-3	Step on R
2		Repeat off R
3		Repeat off L again
4	1	Bounce on R touching LF fwd in LOD
	2-3	Bounce on R and lift LF crossed in front of R ankle (Andrea was not always precise in this but the Albanian lady in the line was more elegant)
5-8		Repeat all the above, opp. ftwk, same direction
9-31		Repeat the above until 7 lifts have been accomplished. On the last bar
32	1-3	Step L and close R to face centre
		B
1	1-3	Side L turning slightly L and looking L
2	1-3	Step on R crossed behind L, turn and look to R
3-6		Repeat above twice more
7	1-3	Side L
8	1	Bounce on L, touching R fwd twds centre
	2-3	Bounce on L, lifting RF in twds L ankle
9-14		Repeat bars 1-6 to opp. side
15		Side R turning to LOD
16		Close L to R

Bar	Beats	
		C
1-15		Repeat A bars 1-15 Springy walks until 3 lifts done, then 3 more walks
16	1-2	Turn to centre and step fwd R (on the low notes)
	3	Step L in place
17	1-2	Step R behind L
	3	Step L in place
18	1-2	Turn 1/8 to L bouncing on L and touch with RF to side
	3	Bounce on L lifting L in twds R ankle
19-20		Repeat 2X more (3 touch- lifts in total)
21		Close R to L bouncing 2X on both feet to face 1/8 R
22-25		Repeat bars 18-21 to opp side
A2		Repeat A in shortened version, basic step 6X with a step- close to centre as in bar 32
B2		
1-14		Repeat B bars 1-14 then
15	1-3	Side R turning to R and look R
16	1-3	Step L behind R turning to L
17-18		Side R close L (2 extra bars)
C2		
1-25		Repeat all C
A3		Repeat A2
B3		Repeat B2

Abbreviations and Glossary

b	behind	LOD	line of dance
bb	bounce bounce		
bwd	Backwards	Mvt	Movement
		Pas de bas	Qqs step side close side very close tog., or side front spot.
		Prepadanja	Side with flat foot, knee bent, step behind on ball of ft. Down-up- down. Ft turned out.
cntr	centre	prisitvane	springy pas de bas, on heels
čukče	raise and lower the heels	q, Q	quick
diag	diagonally	rep	repeat
Dir	Direction	R	right
Drmeş	Vibrating step with bb		
f	in front	RF	right foot
Fig	figure	RH	right hand
ftwk	footwork	s, S	slow
fwd	forwards	s-w	sideways
L	left	sovalka	twisting step
LF	left foot	Twds	Towards
		Travelling triplet	3 steps moving fwd smoothly qqs, gliding.
LH	left hand	wt	weight

Map of the Balkans

