

## Beraçe

(Preparë, Tosk Albanian)

This is a two-measure form of Beraçe, popular with the Tosk Albanians living in the Lake Prespa region of Macedonia. Beraçe is also popular among the Slavic-speaking Macedonians (Berançe, Pušceno, Bufsko, Armentsko) and Greeks (Leventikos, Lytos). It is more common though in a three-measure form.

Pronunciation: BEH-rah-cheh

Cassette: Kotansky Camp Tape – 1995

Rhythm: 12/16 meter = 3 + 2 + 2 + 3 + 2  
1, 2, 3, 4, 5

Formation: Men and women in open circle with W-pos hand hold.

### Meas

### Pattern

#### BASIC

- 1 Facing ctr, lift or hop on L bringing R leg with knee bent up in front or behind (ct 1); step on R to R, wt on both ft (ct 2); hold or finish transfer of wt (ct 3); step on ball of L ft raising up slightly behind and close to R ft (ct 4); turning to face slightly R, step on R slightly to R (ct 5).
- 2 Facing slightly R of ctr, lift on R, lifting L ft up and in back of R ft (ct 1); step fwd on L, wt on both ft (ct 2); hold (ct 3); step fwd on R raising up slightly (ct 4); step fwd on L (ct 5).

#### VARIATION FOR WOMEN (MEAS 2)

- 2 Facing slightly R of ctr, touch L ft beside R ft and bounce on both (ct 1); step fwd on L ft across and in front of R ft (ct 2); hold (ct 3); step on R with slight accent or raising up on it (ct 4); step fwd on L (ct 5).

Note: During dance, leader or leaders may break off and dance a solo with slow turns and waving, subtle arm movements. This dance is very similar to the Sta Dhio—Pogonosios type of dance, only it is in 12/16 meter.

#### WOMEN'S FORM

- 1 Facing ctr, lift on L (ct 1); step on R to R (wt on both ft) (ct 2); hold (ct 3); step on L behind R (ct 4); step on R to R (ct 5).
- 2 Lift on R, slightly kicking L ft fwd (ct 1); step on L to L (wt on both ft) (ct 2); hold (ct 3); step back on R behind L (ct 4); step on L across in front of R (ct 5).

Presented by Steve Kotansky