

Çobankat (Albania)

These notes ©2014, Andrew Carnie; Lee Otterholt arranged these traditional steps into this choreography for this beautiful recording.

Translation: The Shepherdess

Music: <https://www.youtube.com/watch?v=2Pt3h0IE-5k> [<https://www.youtube.com/watch?v=2Pt3h0IE-5k>]

Meter: 4/4: S (1,2), Q (3), Q (4)

Formation: Open Circle, V-position.

Part 1 (Instrumental)

Bar 1: Facing Center, Step R to R (S), Step behind on L (Q), Step on R in place (Q) (stays in place)

Bar 2: Step L to L (S), Step behind on R (Q), Step on L in place (Q)

Bar 3: Step R to R (S), Step behind on L (Q), Step on R to R (Q) (travels to R)

Bar 4: Step L over R (S), Step R to R (Q), Step L over R (Q)

Bars 5-8, repeat bars 1-4

Bar 9-11, repeat bars 1-3

Part 2: (Singing)

Bar 1: Step L into center (S), Lift R in front of L (QQ)

Bar 2: Step back on R (S) Step L behind R (Q) Step R to R (Q)

Bars 3-12: repeat bars 1-2 five more times.

Part 3: (O liri, Liri për djemtë)

Bar 1: Cross L over R (S), bounce twice on L while swinging R foot over L, straight knee (QQ)

Bar 2: Cross R over L (S), bounce twice on R while swinging L foot over R, straight knee (QQ)

Bar 3: Step L into center (S), Lift R in front of L (QQ)

Bar 4: Step back on R (S) Step L behind R (Q) Step R to R (Q)

Bar 5: Cross L over R (S), bounce twice on L while swinging R foot over L, straight knee (QQ)

Bar 6: Cross R over L (S), bounce twice on R while swinging L foot over R, straight knee (QQ)

Bar 7: Step L into center (S), Lift R in front of L (QQ) (= Bar 3)

Bar 8: Step back on R (S) Kick left foot back (QQ)

Bar 9: Step L into center (S), Lift R in front of L (QQ) (= Bar 3)

Bar 10: Step back on R (S) Step L behind R (Q) Step R to R (Q) (= Bar 4)

Bar 11: Step L into center (S), Lift R in front of L (QQ) (= Bar 3)

Bar 12: Step back on R (S) Step L behind R (Q) Step R to R (Q) (= Bar 4)

Bar 13: Step L into center (S), Lift R in front of L (QQ) (= Bar 3)

