

ÇOBANKAT

Source: Çobankat (cho-BAHN-kaht) means “The Shepherdesses.” It is a traditional song of the Tosk people of Albania. The words extol the freedom (and freedom fighters) to be found in the Albanian mountains. I have put typical Albanian steps to the melody.

Presented by: Lee Otterholt, Autumn Leave, 2006

Meter: 2/4

Formation: Open circle. Low handhold (V position).

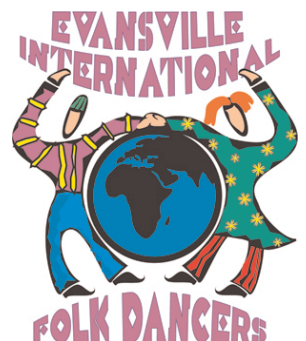
Style: Bounce twice gently on every count (1&).

<u>Measures</u>	<u>Counts</u>	<u>FIGURE ONE – Instrumental – Cross behind, then move</u>
1	1, 2, &	Facing center and dancing in place: Step on R foot; step on L foot behind R; step on R foot in place.
2	–	REPEAT measure 1 with opposite footwork.
3	1, 2, &	Facing center, but moving to the R: Step on R foot to R; step on L foot behind R; step on R foot to R.
4	1, 2, &	Step on L foot crossed in front; step on R foot to R; step on L foot crossed in front of R
5-8	–	REPEAT measures 1-4
9	–	REPEAT measure 1
10	–	REPEAT measure 2
11	–	REPEAT measure 3

That is– REPEAT this dance motif 2 ^{3/4} times. There is no measure 12.

		<u>FIGURE TWO – Song Verse – Step forward and lift</u>
1	1 2, &	Facing center and dancing in place: Step FWD on L foot crossed in front of R. Bounce 2 times on L foot while R foot swings around to a position directly in front of L shin and then back again.
2	1, 2, &	Step on R foot directly behind L; step on L foot directly behind R; moving to the R, step on R foot to R.
3-12	–	REPEAT measures 1-2 five more times (six total).

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COBANKAT CONTINUED...

FIGURE THREE - Song refrain – Crossing in front

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|------|------|---|
| 1 | 1 | Step FWD on L foot crossed in front of R. |
| | 2, & | Turning slowly to face L, bounce 2 times on L foot while R foot swings slowly around in front of L. |
| 2 | – | REPEAT measure 1 with opposite direction and footwork. |
| 3-4 | – | REPEAT measure 1-2 of FIGURE TWO (Song verse). |
| 5-7 | – | REPEAT measures 1-3. |
| 8 | 1 | Step on R foot directly behind L. |
| | 2, & | Bounce 2 times on R foot as L foot twists slightly behind R leg, then swings around in front of R foot. |
| 9-13 | – | REPEAT measures 1-5 of FIGURE TWO (Song verse). |

The dance repeats from the beginning. Measure 13 of FIGURE THREE is left out the last time the song is sung. Use the step of FIGURE TWO on the last instrumental phrase. End by bringing feet slowly together.

*Style note: A slight hesitation **may** be made before each transfer of weight. That is – tread ever so slightly after the beat.*