

DO MAR ÇIFTEN

History

This dance is an arrangement of traditional Pogonishte steps made by Steve Kotansky. I learnt it from Steve in 2004.

Rhythm

The music is in 4/4 rhythm, with a lift on the first beat.

Steps

Open circle, arms start in a W hold.

Lift the right foot, then step to the side with the right. Step across behind with the left foot, then side with the right.

Lift the left foot, then step across in front with the left. Step to the side with the right, then across in front with the left.

Lift the right foot as you bring it around in front while slowly lowering the arms to a V hold but hold them forward at an angle. Step across in front with the right, to the side with the left, and across in front with the right.

Lift the left foot while bringing it around in front, then step across in front. Step to the side with the right, and cross in front with the left. Bring the arms up to a W hold to start the sequence again.

Do this entire sequence twice.

With both feet together slowly point the heels to the right, then slowly to the left.

Starting

The dance sequence follows the musical structure, so you need to listen for the 'extra' bars where the heel pointing part comes and start the dance after that. It comes just after the singing starts.

Music

Do marr çiften, do dal për gjah from **Kenge e valle nga Shqiperia** by **Ansambli I Tiranes**.

There's an acapella version (and a copy of the above track) on **Findhorn 2004** from **Steve Kotansky's** workshop.

Aman Soho from **Balkan Colours** by **Balkan Colours**.

Dance description by Andy Bettis 8/2004