

Podrimsko oro

(Albania, Kosovo)

A “shiptar” dance (that is, Albanian people living in the Kosovo region of the Serbian republic in former Yugoslavia) from the area of the Drim River Valley (“Podrimsko”) near Prizren. I learned this dance from Ciga Despotovic, well-known folk dance teacher from former Yugoslavia. Men and women dance separately and with radically different steps and style.

Pronunciation:

Music: “Podrimsko oro” on CD “Born of Love” 4/4 meter

Formation: Separate lines for M and W. High hands (W-pos) for W; shldr hold (T-pos) for M.

Styling: W: graceful and flowing; M: large, masculine movements.

Meas

Pattern

INTRODUCTION None.

(You can wait out the first repetition of the first figure and begin after 8 cts, that is, 2 meas.)

WOMEN’S DANCE

I. HIPS AND BRUSHES

- 1 Facing and moving diag to the R, step on R (ct 1); lift on R heel, placing L ft next to R ankle and slightly lifting L hip (ct 2); fall fwd onto L keeping R ft next to L ankle (ct 3); hold (ct 4).
- 2 Brush R ft in front of L (ct 1); lift on L (ct 2); step bkwd (RLOD) on R (ct 3); step on L next to R (ct 4).
- 3-8 Repeat meas 1-2 three more times (four times in all).

II. CROSS STEPS

- 1 Facing slightly L and dancing in place, step on R slightly across in front of L, pushing hands gracefully fwd and up while leaning slightly back (ct 1); lift on R, keeping L ft behind R ankle (ct &); step back on L in place, bringing hands and elbows back to place (ct 2); lift on L, keeping R ft in front of L ankle (ct &); repeat cts 1,&,2,& (cts 3,&,4,&).
- 2 Repeat meas 1, cts 1,&,2,& (cts 1,&,2,&); step in place R, L, R while turning diag R (CW) (cts 3,&,4); lift on R (ct &).
- 3-4 Repeat Meas 1-2 with opp ftwk and direction.

III. FLY

- 1 Facing diag R and moving diag fwd and to the R, long step on R (ct 1); leaning slightly back, hop 2 times on R, holding L ft low to the ground in front (cts 2,&); step on L (ct 3); step on R (ct &); step on L (ct 4); hop on L, turning body diag to the L (ct &).
- 2 Facing diag L and moving diag bkwd (LOD), step on R (ct 1); hop on R (ct &); step on L (ct 2); hop on L (ct &); step R, L, R, hop (cts 3,&,4,&).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5-8 Repeat meas 1-4.

Podrimsko oro—continued

Pattern of Ws' dance: I, II (once), III, II (twice plus "transition step"), 1, III, II (twice)

W's transition step: Repeat Fig II, meas 1; then, while returning to face diag R, step on R to R (ct 5); and step on L in front of R (ct 6). (There is an irregular phrase in the music during the clarinet solo.)

Alternative 1: W can dance with scarves knotted around the middle finger of their R hands, letting them dance with high handhold (W-pos) during Figs I and III without dropping the scarves. Then, during Fig II, the W can take the other corner of the scarf in their L hands and dance without holding each other, pushing the scarf fwd and back in front of their faces, "flirting." This allows the W to turn independently of one another during this figure. (See Alternative 2.)

Alternative 2: W can turn independently during Fig. II (meas 2, cts 3,&4,&), turning CW after crossing R in front of L, and turning CCW after crossing L in front of R, twirling the scarf in their R hands above their heads while turning.

MEN'S DANCE

I. KNEEL. OR "TELEMARK LANDING"

- 1 Facing and moving diag R, take a long step on R (ct 1); while bringing L ft fwd in a large arc, hop on R (ct 2); kneel on R knee (or "Telemark landing, L ft in front") (ct 3); hold (ct 4).
- 2 Bounce, bending the knees (ct 1); pushing off of L, step back and lift on R (ct 2); step sdwd back on L (ct 3); lift on L, swinging R leg up in front of body, facing ctr (ct 4).
- 3-8 Repeat meas 1-2 three more times (four times in all).

II. CROSS IN FRONT

- 1-4 Like Ws' Fig II, but with larger steps and lifts.

III. FLY!

- 1-8 Like Ws' Fig III, but with much larger steps, more leaning back and leg lifted (bent at the knee) high in front, not low to the ground.

IV. BIG STEPS AND TURN SHARPLY. THEN SWAY R AND L

- 1 Facing and moving LOD, large step on R, bending the knees (ct 1); bringing the L leg fwd in a large arc, straighten R knee (ct 2); repeat cts 1,2 with opp ftwk (cts 3,4).
- 2 Repeat meas 1 cts 1,2 (cts 1,2); hold (ct 3); bringing R behind L knee, turn sharply to face L (RLOD) (ct 4).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5 Turning to face diag L (RLOD), shift wt onto R, knees bent (ct 1); bounce twice in the knees (cts 2, &); repeat cts 1,2,& with opp ftwk and direction (cts 3,4,&).
- 6-8 Repeat meas 5, three more times (4 total).

Pattern of M's dance: I, II, III, IV plus "transition step," I, III, IV.

M's transition step: repeat meas 5 of (M's) Fig IV; plus 2 steps (R, L) to the R (LOD) (cts 5,6). (There is an irregular phrase in the music during the clarinet solo.)

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