

Valle Kosovare

(Albania)

Valle Kosovare (VAH-leh koh-soh-VAH-reh) means simply dance from Kosovo. This version uses some easy and typical Albanian dance steps. (More complicated steps have also been put to this music.)

MUSIC: "Valle kosovare" 4/4

FORMATION: Open circle. Leader on right. Low handhold. ("V")

STYLE: Gentle.

METER: 4/4

PATTERN

Meas

FIRST FIGURE: to the right

- 1 Facing ctr and moving to the R: Step on R ft to R (1), step on L ft crossed behind R (2), step on R ft to R (&), turning to face R, step on L ft (3), step on R ft (4), step on L ft (&).

Repeat until leader signals a change.

SECOND FIGURE: Stop and cross twice behind, then to the R

- 1 Facing ctr and dancing in place: Step on R ft to R (1), step on L ft behind R (2), step on R ft in place (&), step on L ft to L (3), step on R ft behind L (4), step on L ft in place (&).
- 2 Repeat meas 1 of Fig 1.

Repeat until leader signals a change.

THIRD FIGURE: R, L, in, out

- 1 Facing ctr and moving R: lift L heel from floor (a), step on heel of R ft to R (1), step on L ft behind R (&), repeat 2 more times (a2&a3&), lift L heel from floor (a), step on heel of R ft in place (4), hop on R ft and lift L ft up behind R (&).
- 2 Repeat meas 1 in pp dir w opp ftwk.
- 3 Continuing to face ctr and moving twd ctr: Step fwd on R ft (1), step fwd on L ft (2), step fwd on R ft (&), step fwd on L ft (3), step fwd on R ft (4), step fwd on L ft (&).
- 4 Continuing to face ctr, repeat ftwk of meas 3, but now moving away from ctr.

Style - On both Fig 1 and 2 there can be a delay of weight transfer on ct. 1.

Dance description by Lee Otterholt

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