

BERAGE (Be-rah-che)

The name of the dance refers to the town of Berat in southern Albania. Women may do the dance, but it is primarily a man's dance.

Rhythm: approximately 12/16 = 3+2+2+3+2, but it may be written in other ways as well. These are all approximations.

Dancers' beats: 1, 2, 3, 4, 5 (underlined cts. are somewhat longer).

Formation: Open circle with leader at right. Hands are joined and held forward at anywhere from waist to shoulder height.

RECORD: LP:SELO, Vol.2 Albanian Songs & Dances Side A, bands 2 & 5 meas. ct.

- 1 1 Hop or lift on L. Free R leg is raised forward and crossed in front of left knee or shin. R knee is bent. (Face center)
2. Slight lift on L. Free R foot is lowered to the ground to the R but wt. is not shifted to it. (Face diag. R of center)
3. Shift wt. onto R. R knee is flexed a bit so that body sinks. Free L may be brought close to R.
4. Step back (diag. out of circle and to L) on ball of L ft. Body rises and may turn slightly towards the center.
5. Sink onto R ft. in place or somewhat to R. Body returns to position of ct. 3.
2. 1. Hop or lift on R. Free L is bent at knee and raised high behind.
2. Slight lift on R and lower L ft. to ground across in front of R. (LOD) (Body may turn even more towards R)
3. Shift wt. onto L. L knee is flexed a bit so that body sinks. (Body may be turned more twds. center. L ft. pts. twds. center)
4. Step back and to R on the ball of the R ft. Body rises and may turn slightly to R.
5. Sink onto L in place. Body turns twds. center.

Variations

- A. Meas. 1, ct. 1 - The free R ft. may be raised behind, bent at knee, much as the L is raised in meas. 2, ct. 1.
- B. Meas. 2, ct. 1 (or var. A)-the free ft. may either touch the ground behind without a wt. shift, or else there may be a quick wt. shift onto it and back to the other foot.
- C. Turns: Performed by the leader and perhaps people next to him.
1. 1-4. As above, although may prepare for turn by dropping hands, more energy.
 5. Begin CW turn by placing R ft. as above, but pointing it more towards R.
 2. 1. Turn about 180° CW while either hopping on R, or by momentarily touching L out to your L (LOD) and quickly shifting wt. back onto R.
 2. Hop on R and finish turn.
 - 3-5. As above.
- It is possible to follow a CW turn by a CCW turn. Begin on meas. 2, ct. 5 with the reverse of the above.
- D. Squats: These are performed by beginning meas. 2 (cts. 1-3) as usual.
4. Squat on both feet. L may be slightly fwd. Face center.
 5. Leap up into the air. Both feet are off the ground. The R is usually hanging lower in preparation for the next step.
 1. Come down on R.
 - 2-3. Step L across in front of R. (see meas. 2, cts. 2-3)
 - 4-5. Either squat again in a series of squats, or end with cts. 4-5, meas. 2 and then go back to meas. 1.