

Valle Pogonishte

(Albania)

Valle Pogonishte (VAHL-leh poh-goh-NEESH-teh) is from southern Albania and related to the Greek dance Pogonisos or Sta Dyo from Epirus. It was presented by Yves Moreau in March 2007 at the National Folk Organization annual conference in Salt Lake City, Utah; it was presented by Loui Tucker in February 2008 at the Festival of the Oaks in Berkeley, California.

CDs: *Festival of the Oaks 2008* (L. Tucker), Track 2 2/4 meter
Folk Dances from Bulgaria... and Elsewhere, NFO-07 (Y. Moreau), Track 6

Formation: Open circle, hands joined down in V-pos, leader on R.

Styling: Light and proud, bouncing slightly on each step.

Measure	2/4 meter	PATTERN
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1-4 INTRODUCTION. No action.

I. TRAVELING

- 1 Facing ctr, step on R to R (ct 1); step on L behind R (ct 2); step on R to R (ct &).
- 2 Facing LOD, step fwd on L (ct 1); step fwd on R (ct 2); step fwd on L (ct &).
- 3-8 Repeat meas 1-2 three more times.
- 9 Facing ctr, step on R to R (ct 1); step on L next to R (ct 2).
- 10-18 Repeat meas 1-9.

II. CROSS-BEHIND, STEP-LIFT

- 1 Still facing ctr, step on R to R (ct 1); step on L behind R (ct 2); step on R in place (ct &).
- 2 Repeat meas 1 with opp ftwk and direction.
- 3 Repeat meas 1.
- 4 Facing ctr, step on L slightly to ctr (ct 1); raise R knee in front (ct 2).
- 5-16 Repeat meas 1-4 three more times.

III. CROSS-BEHIND, LEG SWINGS AND TRAVEL

- 1 Repeat Fig I, meas 1, with slightly larger steps.
- 2 Step on L in front of R (ct 1); come up onto ball of the L ft while swinging R leg up in front of L (ct 2); step on R crossing in front of L (ct &).
- 3-4 Repeat meas 1-2 with opp ftwk and direction.
- 5-8 Repeat Fig I, meas 5-8 (traveling).
- 9-16 Repeat meas 1-8.
- 17 Facing ctr, step on R to R (ct 1); step on L next to R (ct 2).

Sequence: Figs I, II, III, Fig I (meas 1-9), Fig II, Fig III, Fig I (meas 1-7), Fig II (ct 4).