

# ELBASAN

Елбасан  
(Pirin - Bulgaria)

Men's dance learned in 1969 by Yves Moreau from Ilija Vretenarov, leader of the village folklore group in Kavrakirovo near Petrič in Southwest Bulgaria (Macedonia). The three-measure dance seems related to similar forms found throughout Macedonia such as *Beranče* or *Ovčepolsko*. The name *Elbasan* is likely derived from the town of Elbasan in Albania.

**Pronunciation:** El-bah-SAHN  
**Music:** Yves Moreau CD  
**Rhythm:** The slow part is in 12/8, counted here as 1-2-3-4-5 or S-q-q-S-q. The fast part is in 11/8 meter, counted here as 1-2-3-4-5 or S-q-q-q-q.  
**Formation:** Open circle "W" pos: hands joined at shldr height. Face R of ctr ctr, wt on L ft.  
**Style:** Large steps in slow part. Proud

Measure	Description
	<b>Introduction</b> – slow <i>zurna</i> music. During 1st meas, no action. During the 2nd measure, there is a specific « opening » step, (which is never repeated) :
1	Bend both knees, while twisting body to L (1) straighten knees and extend R leg to R , pointing ball of R foot (2) pause (3) repeat movement of ct 1 (4) repeat movement of ct 2 (5)
	<b>1. Slow figure (12/8)</b>
1	With wt on L, quick lift on L (ah) « push » down extended R leg (1) lift on L leg, extending leg even further out (2) step onto R (3) lift onto R ft, simultaneously bringing L leg up and extended fwd (4) step on L ft (5)
2	With wt on L, quick lift on L (ah) « push » down extended R leg (1) lift on L, extending R leg even further out (2) step onto R, turning to face ctr (3) step on L in front of R, extending arms fwd and down and leaning slightly fwd (4) step on R in place (5)
3	Facing ctr, quick lift onto R (ah) « push down » and extend L leg fwd diag fwd L (1) quick lift onto R, retracting L leg in slightly (2) step onto L behind R (3) facing LOD, step on R (4) step on L (5) <b>Note</b> : Continue doing Fig. 1 until end of slow part
	<b>2. Fast figure (11/8)</b>
	<b>Note</b> : During first 2 meas of fast music (drumming), no action. Also in fast figure arms are <b>down</b> .
1	With wt on L, light quick lift on L (ah) « push » down extended R leg (1) light hop on L , extending leg even further out (2) step onto R (3) light hop onto R ft, simultaneously bringing L leg up and extended fwd (4) step on L ft (5)

- 2            With wt on L, quick lift on L (ah) « push » down extended R leg (1) light hop on L , extending leg even further out (2) step onto R, turning to face ctr (3) step on L in front of R, (4) step on R in place (5)
- 3            Facing ctr, quick hop onto R (ah) « push down » and extend L leg fwd diag fwd L (1) quick hop onto R, retracting L leg in slightly (2) step onto L behind R (3) facing LOD, step on R (4) step on L (5)

**3. Fast figure with turns - optional (11/8)**

- 1-2          Repeat pattern of meas 1-2, Fig. 2
- 3            Facing ctr, quick hop onto R (ah) « push down » and extend L leg fwd diag fwd L (1) quick hop onto R, doing half-turn in place to L (CCW) (2) do three steps, L-R-L to complete turn in place (3,4,5)

Continue till end of fast music.

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