

FALLJA E LECHTE
(Albania)

Title translates "Easy Dance".

Pronunciation: FAHL-ya eh LEK-teh

Rhythm: $\frac{4}{4}$ meter

Formation: Men and women in an open circle, little fingers joined at shoulder level. Arms move, from elbows, sideways -- starting to the R in Fig. I, starting to the L in Fig. II.

Pattern

Meas.

1 4-count introduction

I.

1 Facing center and moving LOD, step R to R (ct 1); bring L to R (ct 2); step R (ct 3); bring L to R (ct 4).

2 Step R (ct 1); bring L to R (ct 2); step R (ct 3); bring L to R (ct 4).

(Throughout Fig. I., hips move subtly in same direction as arms, both moving on each beat. Both end straight on ct 4 of meas. 2)

II.

1 Cross L in frnt of R, slightly facing LOD (ct 1); cross R in frnt of L, slightly facing RLOD (ct 2); step back L, slightly facing LOD (ct 3); step back R, still slightly facing LOD (ct 4).

2 Facing center and moving RLOD, step L to L (ct 1); bring R to L (ct 2); step L (ct 3); bring R to L (ct 4).
(Hips and arms again move as in Fig. I., and arms and hips end straight on ct 4 of meas. 2.)

Entire dance is done eight times.

Presented by Ciga Despotovic.