

VALLE POGONISHTE

(Albania)

Variations to the basic *Pogonishte* dance-type from South Albania also related to the Greek dance *Pogonisos* or *Sta Dyo* from Epirus.

Pronunciation: VAHL-leh Poh-goh-NEE-shteh
Music: Yves Moreau CD
Rhythm: 2/4
Formation: Open mixed circle. Hands in W pos.
Styling: Proud. Bounce twice gently on every ct.

Meter: 2/4

Pattern

1-4 Introduction. Four drumbeats, no action

1. Basic travel (instrumental)

1 Facing ctr, step on R to R (1); step on L behind R (2);
step on R to R (&)

2 Facing LOD step on L fwd (1) step on R fwd (2) step on L fwd (&)

3-8 Repeat pattern of meas 1-2

9 Facing ctr, step on R to R (1) close L to R (2) hold (ct &)

10-18 Repeat pattern of meas 1-9

2. Cross behind, travel & lift (song melody A)

1 Facing ctr, step on R to R (1) cross L behind R (2) step on R in place (&)

2 Repeat pattern of meas 1 with opp ftwrk

3 Repeat pattern of meas 1, Fig. 1

4 Facing ctr, step slightly fwd on L (1) raise R knee (2) hold (&)

5-16 Repeat pattern of meas 1-4, three more times

3. Side steps, leg swing & travel (song melody B)

1 Repeat pattern of meas. 1, Fig. 1 with larger steps

2 Step on L across R (1) come up onto ball of L, swinging L leg across to L (2)
step on R across L (&)

3-4 Repeat pattern of meas 1-2 with reverse dir & ftwrk

5-9 Repeat pattern of meas 5-9, Fig. 1

10-18 Repeat pattern of meas. 1-9

Note : Dance repeats from beginning (Figs 1-33) but Fig. 1 is only done once (meas 1-9)

Finale : After doing dance 2 times, start Fig. 1 again , Meas. 1-7 only, end
With meas 4, Fig. 2 (raising R knee).

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