

Valle Nga Konispol

albanian

History

An Albanian dance from Konispol.. I learnt this dance from Steve Kotansky in 2004.

Rhythm

The music has an even 2/4 rhythm.

Steps

Open circle, arms in a W hold.

Step to the side with the right foot, then touch the left foot in front. The touch is with the flat of the foot, not just the toes or heel.

Step forward with the left foot, then touch the right foot in front.

Step back on the right foot, slightly behind the left. Quickly step back with the left foot, then quickly to the side with the right.

Step across in front with the left, then quickly to the side with the right, and quickly cross behind with the left.

Music

I don't know the original source of the music, but it is available on Steve Kotansky's Findhorn 2 - Summer 2004, available from me.

Dance description by Andy Bettis 8/2004