

VALLE "BERATÇE" from OBEDNIKU
(Albanian, Macedonia)

This dance is from the town of Obedniku (Obednik in Macedonian). It is known by many names and spellings including: *Beratche, Berache, Beraçe, Beranče* et.al. *Valle* or *Vallja* means dance or "the" dance. It is commonly played in a 12/8 or 13/8 rhythm with 5 dancer's beats.

Recording: Seminar CD

Formation: Open circle with "V"- "W" hold

Music: 12/8 ♩. ♩ ♩ ♩. ♩ or 13/8 ♩. ♩ ♩. ♩. ♩

Dancer's Beats: 1 2 3 4 5 1 2 3 4 5

Meas: Basic

- 1 Facing center, lift and Lft and bring Rft up and in front of L shin/knee (ct 1); turning to face slightly R of center, step Rft fwd to R (ct 2-3); step Lft fwd (ct 4); step Rft fwd bending knee slightly (ct 5);
- 2 Step Lft fwd to R reaching slightly (ct 1); lift on Lft as Rft "glides" fwd (ct 2); step Rft fwd (ct 3); step Lft in front of Rft twd center and begin to face center (ct 4); step Rft back to face center (ct 5);
- 3 Lift on Rft and bring Lft up in front of R shin/knee (ct 1); Step Lft to L (ct 2); close Rft beside Lft (ct 3); hold (cts 4-5);
- 4 With wt on Lft, lift on Lft and bring Rft up and in front of L shin/knee (ct 1); touch Rft out to R side (ct 2); close Rft beside Lft (ct 3); hold (cts 4-5);
*Note: during ct 3 of meas 3 and 4 dancers may step Rft beside Lft (ct 3); and step Lft in place (ct 4); then hold (ct 5). Women often step Rft fwd on ct 3 of meas 3 and 4, and step Lft back in place (ct 4); hold (hold ct 5).

Knee Bend and Turn

- 1 Shift wt onto Rft and hop on Rft lifting Lft sharply up and back (L knee bent) (ct 1); reaching step Lft fwd (cts 2-3); step Rft fwd and lower onto L knee (ct 4); rise up onto Lft (ct 5);
- 2 Leading with Rft (heel), begin full turn CW to R by step Rft fwd (ct2); continuing and finishing CW turn to R, Step Lft over Rft (ct 2-3); close Rft beside Lft (ct 4); hold (ct 5);
- 3-6 Repeat action of meas 1-2 of Knee Bend and Turn.