

VALLE BURRASH KËRÇOVARË
(Albanian, Macedonia)

Valle Burrash Kërçovarë (Men's Dance from Kërçovë/Kičevo) is an Albanian dance in 5/4 meter from Macedonia. It is also known as *Shtatë Bilbilat* (Seven Nightingales) for the song which accompanies the dance.

Recording: Workshop CD

Formation: Open circle with a shoulder ("T") or "W" hand hold

Music: 5/4 ♩ ♩ ♩ ♩ ♩

Dancer's Cts: 1 2 3 4 5 (Drum beat is S-q-S)

Meas:

- 1 Facing slightly R of ctr, step Rft fwd to R and lift Lft up and in front of R knee (cts 1-2); with Lft up in front, bounce on Rft (ct 3); bounce again on Rft (ct 4); slight preparatory lift on Rft as Lft extends fwd to R (ct 5);
- 2 Step Lft fwd to R and bring Rft up and in front of L knee (cts 1-2); with Rft up in front, bounce on Lft (ct 3); bounce again on Lft (ct 4); slight preparatory lift on Rft (ct 5);
- 3 Turning to face ctr, step Rft to R side (cts 1-2); step Lft fwd twd ctr in front of Rft (ct 3); bring Rft up behind Lft lower calf and dip on Lft (ct 4); lift/bounce on Lft in place (ct 5);
- 4 Step Rft back and raise Lft up and in front of R knee (cts 1-2); with Lft up and in front, bounce on Rft (ct 3); bounce again on Rft (ct 4); preparatory lift on Rft (ct 5);
- 5-6 Reverse action (ftwk and direction) of meas 3-4.

Presented by Steve and Susan Kotansky