

Vallja e Miratovcës

(Kosovar Albanians from Preshevar Region)

Another Krsteno (crossing) type dance with an interesting travelling twist movement which the musicians accentuate.

Source: A 1999 Sünèt (circumcision) filmed by Jane Sugarman in Skopje. Dancers may be from Haraçin = Aračinovo.

Music: Camp Tape

Rhythm: 4/4 * Dance starts with the "travelling-step musical signature".

Meas

- 1 Facing R of center, touch R toe or lift R knee with a slight twist in front of L ft (ct.1); step ball of R ft quickly back slightly and to R (ct.&); step L ft fwd (ct.2); hold (ct.&); repeat action of cts 1,&,2 (cts.3,&,4).
- 2 Touch R ft fwd (ct.1); turning to face center, step R ft in place (ct.2); lift L ft fwd (knee may be extended or bent) (ct.3); with wt on R ft, bend R knee and lower (dip) L ft (leg) (ct.4).
* During cts 3-4, extended leg can move across and to L ft side in rhythm to the music.
- 3 With wt still on R ft, lift L ft (leg) up and raise and lower R heel (ct.1); step L ft in place beside R ft (ct.2); lift on L ft and bring R ft (leg) fwd (may be extended) (ct.3); lower R ft by bending (dipping) L knee (ct.4).
- 4 Reverse action of meas 3.
- 5 Lift on R leg, bring L ft up (ct.1); step L ft either to L or forward to middle (ct.2); turning to face R of center, step R ft to R or back (ct.3); step L ft fwd across in LOD (ct.4).
* During ct 3 of meas 2-4, there is a momentary pause or hold which precedes the "dip".

Meas

Variation * (Meas 2 only)

- 2 Touch R ft fwd (ct.1); turning to face center, step R ft in place (ct.2); step L ft across, close and in front of R ft (ct.3); step on R ft across, close and in front of L ft (ct.4).

Fast Music

As music speeds up, steps become livelier but tighter, smaller and –

- 1 Touches become lift twists = hop-step-step, hop-step-step
- 2 Hop on L ft (ct.1); turning to face center, step R ft in place (ct.2); step L ft fwd in front of R ft (ct.3); step R ft back in place (ct.4).
- 3 Reverse action of meas 2 with option of stepping R ft beside L ft during ct 3.
- 4 Repeat action of meas 2.
- 5 Repeat action of meas 5 of slow part – hop-front/side-back-cross.