

Valle E Dardhes

Albania

An urban folk dance for women from Southeastern Albania. This type of dance was popular within aristocratic circles at the turn of the twentieth century throughout the Balkans. Learned by Yves Moreau from the Tirana Folk Ensemble, Heritage Folklore Workshop, Lachine, Quebec, 1997.

Pronunciation: VAHL-leh eh dahr-DEHS

Rhythm: 2/4. Slow music.

Formation: Open circles. "W" arm position with handkerchief in right hand. Face line of direction with weight on Left

Style: Very light, elegant and proud. Continuous lifts on balls of feet.

Introduction: No action for 2 measures

Figure 1: Travel pattern

- 1 Come up onto ball of Left foot (ct &). Step forward onto ball of Right foot, bending knee (ct 1). Bring Left behind Right and come up on both balls of feet (ct 2).
- 2 Step forward on Right, bending knee and bringing Left foot behind Right heel (ct 1); Pause (ct 2).
- 3-4 Repeat measures 1-2 with opposite footwork
- 5 Facing Reverse LOD, rise onto ball of Left foot (ct &). Step back onto Right (ct 1). Pause (ct 2)
- 6 Still facing Reverse LOD, rise onto ball of Right (ct &). Step back onto Left (ct 1). Pause (ct 2).
- 7 Facing centre, rise onto ball of Left (ct &). Step Right to right (ct 1). Pause (ct 2)
- 8 Close Left to Right (ct 1). Pause (ct 2)
- 9-16 Repeat measures 1-8.

Figure 2: Handkerchief motion

- 1 Stand in place, facing centre, with feet together and with Left hand behind lower back. While waving handkerchief, slightly tilt body from side to side following arm/handkerchief motion. Wave handkerchief with Right hand from upper right to lower left starting a figure 8 motion and bending knees (ct 1). Bring handkerchief to upper left and straighten knees (ct 2)
- 2 Still standing in place, continue to wave handkerchief from upper left to lower right while bending knees (ct 1). Bring handkerchief to upper right and straighten knees (ct 2)
- 3-4 Repeat measures 1-2
- 5 Taking hands again in the "W" position, face slightly right, step right to right (ct 1), pause (ct 2).
- 6 Point Left across Right (ct 1), and pause (ct 2).
- 7 Facing centre, step Left to Left (ct 1) and pause (ct 2).
- 8 Close Right to Left (ct 1) and pause (ct 2).
- 9-16 Repeat measures 1-8.

Dance repeats from beginning.