

## Valle E Permetit

South Albania

A variation on the "Pogonishte" type of dance from the region of Permet in Southern Albania.

**Source:** Steve Kotansky

**Formation:** Open circle, Hands in W pos, move in LOD

**Style:** Proud

**Meter:** 2/4

No introduction. With wt on L ft, start with music.

Meas **Figure 1** (instrumental) - Pogonishte step

- 1 Facing ctr, step on R to R (1) step on L behind R (2) step on R to R (&)
- 2 Turning to move LOD, step on L in front of R (1) step on R to R (2) step on L fwd in LOD (&)
- 3-10 Repeat meas 1-2 four more times

Meas **Figure 2** (singing) - Knee lift & two-steps

- 1 Moving LOD, step on R to R (1) quick light hop on R ft, simultaneously raising L knee high and bringing it down again quickly in a circular motion (&), step on L fwd (2), step on R fwd (&)
- 2 Large step fwd on L (1), lift on L turning to face ctr (&), step bkwd on R (2), pause (&)
- 3 Turning to move RLOD, step on L to L (1), close R behind L (&), step on L in RLOD (2), pause (&)
- 4 Step on R fwd in RLOD (1), pivot on R, swinging L leg across and turning to face LOD (&), step on L ft, in LOD (2), pause (&)
- 5-20 Repeat meas 1-4 four more times

Repeat dance from beginning. Fourth time through, figure 1 spans 16 measures due to clarinet solo.

At end of dance, face ctr, and touch R toe fwd