

Valle Toskerishte (Albania) (Dance of Southern Albania)

Type: Open circle, W-hold

Rythm: 4/4

Into: 4 measures, start on vocals

Style note: large steps for moving in line of direction

Source: Andrea Kokeri, October 2015
(Jim Gold Albania trip)

Music: "Te dua per vete" sung by Eli Fara
<https://www.youtube.com/watch?v=er2gKE6zPDE>

FC = face centre FR = face right
FDR = face diagonal right FDL = face diagonal left

Jan Erasmus chart: 23 October 2015 (DRAFT)

Sequence **A B A B A B knee twizels A B A B A**

A **1 side cross (short)** *1 cross, side touch, side touch, rock and*

1	2	3	4	5	6	7	8		
→	↗	→	↕	←	↕	↑	↓		
R	L _{XF}	R	L _{TCH}	L	R _{TCH}	R	L	x	4
FC move right		FC in place							

1,2: R large step to side, L step across in front
3,4: R step side letting knee bend, L touch fwd
5,6: L step side letting knee bend, R touch forward
7,8: R step forward, L step back in place
soft, smooth bounces onto bent knees

B **4 side crosses (longer)** *4, 3, 2, 1*
cross and, cross and, cross swoosh, step tuck

1	2	3	4	5	6	7	8		
→	↗	→	↗	→	↗	→	↗		
R	L _{XF}	R	L _{XF}	R	L _{XF}	R	L _{XF}		
FDR moving right									

1	2	3	4	5	6	7	8		
↖	←	↖	←	↖	↗	↑	↗		
R _{XF}	L	R _{XF}	L	R _{XF}	SPIN	L	TWIST	x	2
FDL FC		FDL FC		FDL FR		FR end FC			

1: R large step to side
2: L step across in front (foot low to floor and keep moving to right)
repeat x 4

1: R step across in front facing diagonal left
2: L step to side, with small twist to face centre
3,4: repeat 1,2
5,6: R step across, spin on R with small L flick to side to end facing right
7,8: L step forward, twist to end facing centre with R foot lifted by L ankle

twizels 4 counts
feet together, knees bend in circles with hip movement

The disclaimer:

My dance charts are not intended for originally learning a dance. They are what I prepare for my own use in remembering and teaching dances, designed to provide a visual and textual description – one that you can hold in your hand as you move through the patterns of a dance. As I say, these are my personal charts. They may not match how the dances were originally taught or how other groups dance them. A wise folk dancing friend has described such variation as the “village rule” – in our village we do it this way. These charts record dances as danced in my folkdance villages, recorded as best I am able (and even with those best efforts there may be mistakes.)

The basic chart design:

A	pattern description memory nudge	<i>call steps for leading</i> (designed to match music rhythm)										
<p style="text-align: center;">1 & 2 &</p> <p style="text-align: center;">→ → → ○</p> <p style="text-align: center;">R L R L_{LIFT}</p> <p style="text-align: center;">FC move right</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td style="text-align: center;">music count</td><td></td></tr> <tr><td style="text-align: center;">direction of steps</td><td></td></tr> <tr><td style="text-align: center;">feet</td><td></td></tr> <tr><td style="text-align: center;">facing and movement</td><td></td></tr> <tr> <td style="padding: 5px;"> <p>notes for steps</p> <p><i>notes for arms</i></p> </td> <td style="padding: 5px;"> <p>Symbols</p> <p>→ ● solid symbols = step with weight transfer</p> <p>↑ ○ open symbols = other movement</p> <p>direction of movement shown where possible</p> </td> </tr> </table>	music count		direction of steps		feet		facing and movement		<p>notes for steps</p> <p><i>notes for arms</i></p>	<p>Symbols</p> <p>→ ● solid symbols = step with weight transfer</p> <p>↑ ○ open symbols = other movement</p> <p>direction of movement shown where possible</p>	
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<p>1&: R step side, L step together</p> <p>2&: R step side, L knee lift fwd</p> <p><i>arms swing right, left, right, pause</i></p>												