

VALLE "PLAKASH" RRAJCE (Central Albania)

This dance is from Central –Eastern Albania near the border with Struga, Macedonia. I've chosen to present a basic, more traditional form with two variations often done by amateur dance groups. The word *Plakash* refers to an older woman and might be equivalent to the Macedonian "*Staro Žensko*". The structure of the dance is a 2 meas (can also be counted as 4 meas) form which is similar to another dance from the region, *Vallja e Rrajces*, which I've presented in the past.

Pronunciation: VAHL-eh pluh-KUHSR RAYEE-tsuhs

Recording: Workshop CD

Formation: Open circle with a "W" hold

Music: 2/4

Meas:

Basic

- 1 Facing center, Lift on Lft raising Rft up and in front (knee bent) (ct 1);
Turning to face slightly R of center, Step Rft fwd (ct 2);
- 2 Still moving to R, Step Lft fwd (ct 1); Step Rft fwd and turn to face center (ct 2);
- 3 Lift on Rft raising Lft up and in front (ct 1); Step Lft slightly to L (dip R shoulder slightly) (ct 2);
- 4 Step Rft fwd directly in front of Lft (ct 1); Step back on Lft to place (ct 2);

Basic with R Turn

- 1-4 Repeat action (ftwk) of meas 1-4 but Turn slowly to CW to R during meas 1-2.
Hands are held up to sides, or M L hand is up to L side, R hand behind back.

Ensemble Step I

- 1 Facing slightly R of center, Bounce on Lft and touch Rft fwd (ct 1); Step Rft fwd to R (ct &);
Bounce on Rft and touch Lft fwd (ct 2); Step Lft fwd to R (ct &);
- 2 Bounce on Lft and touch Rft fwd (ct 1); turning to face center, Step Rft to R (ct &);
Step Lft across and behind Rft (ct 2); Step Rft back to place (ct &);
- 3 Facing center, Kick Lft fwd and low beginning a *Rond de Jamb* (ct 1); hop/bounce on Rft as Lft
moves around to L and back (ct &); hop/bounce again on Rft as Lft finishes behind Rft (ct 2);
Step onto Lft behind Rft (ct &);
- 4 Step Rft slightly in front of Lft turning to face slightly Lft of center (ct 1); Step Lft behind Rft and
"twizzle" R toe to R Heel stays on ground); (ct &); Repeat cts 1,& of meas 4 (step, "twizzle");

Ensemble Step II

- 1 Repeat action of meas 1 of Ensemble Step I
- 2 Bounce on Lft and touch Rft fwd (ct 1); Step Rft fwd and kick Lft fwd low (ct &); Hop on Rft and
bring Lft quickly around and back (ct 2); step Lft behind Rft (ct &);
- 3 Hop/bounce on Lft and Kick Rft fwd and low (facing slightly L of center); (ct 1); Pull Rft back and
up (ct &); Hop/bounce on Lft and Kick Rft fwd low (ct 2); pull Rft back and up slightly (ct &);
- 4 Step Rft fwd twd center and bend upper body slightly fwd and dipping R shoulder slightly fwd
and shake/shimmy shoulders (ct 1); Step Lft back to place (ct 2);

Sequence on Lyrids 2015 DVD (note: Sequence can be called by leader)

Starts with: Basic 4x; Basic with R turn 2x; Basic 4x; Basic with R turn 2x; Basic 2x

Then: Ensemble Steps: I 4x; II 4x; I 4x; II 4x; I 3x; II 3x; I 2x; II to end of music

Presented by Stephen Kotansky