

# VALLJA E RRAJCËS

(Albania)

This is a 2 measure dance in 12/8 from East-Central Albania. It belongs to the *Beratche/Berançe* family of dances and is also known as *Valle Dibranë* and *Valle Matjanë*

Pronunciation: VAHL-lyah EH RYE-tsuhs

Formation: Open circle with "W" hold

Music: 12/8 3-2-2-3-2

Dancers' Beats: 1 2 3 4 5

## Meas Basic

- 1 Facing center, Lift on L ft and bring R ft and knee up in front (ct 1); turning to face R of center, lift slightly on L ft again (ct 2); Step R ft fwd to R (ct 3); step L ft fwd (ct 4); turning to face center, Step R ft to R side (ct 5);
- 2 Lift on R ft and bring L ft and knee up in front (ct 1); lift slightly on R ft again (ct 2); Step L ft slightly to L side (ct 3); Step R ft fwd directly in front of L ft (ct 4); Step back on L ft to place (ct 5);

## Basic with Turn

- 1 Facing center, Lift on L ft and bring R ft and knee up in front (ct 1); turning to face R of center, lift slightly on L ft again (ct 2); Step R ft to R turning toe to R (ct 3); do complete turn to R and step L ft turning to face center(ct 4); facing ctr, Step R ft to R side (ct 5);
- 2 Same as meas 2 of Basic

## Basic with Touches

- 1 Same as meas 1 of Basic
- 2 Lift on R ft and bring L ft and knee up in front (ct 1); lift slightly on R ft again (ct 2); Step L ft slightly to L side (ct 3); Touch R ft fwd in front of L ft slightly L of center (ct 4); Touch R ft fwd in front of L ft slightly R of center (ct 5);

## Basic with Kerplunk

- 1 Step quickly on to ball of R ft to R (ct & before ct 1); Step/Land on L ft in place (ker-plunk) (ct 1); Repeat cts 2-5 of Basic meas 1 (cts 2-5);
- 2 Same as meas 2 of Basic

## Pattern in Place

- 1 Facing center, bounce/lower on L ft and extend R ft and leg fwd low (ct 1); Continue slight bounce to Dancers' Beats and bring Rft around and in back of L knee (ct 2); Hook R ft behind L knee or calf (R knee is turned out) (ct 3); Bounce/bend on L ft and turn R knee in to face center (ct 4); Bounce again on L ft and turn R knee back out (ct 5); Note: cts 1 and 4 are accented slightly.
  - 2 Lift on L ft and bring R ft and knee up and forward (ct 1); lift slightly on L ft again (ct 2); Step R ft to R side (ct 3); Step L ft fwd in front of R ft toward center (ct 4); Step R ft back to place (ct 5);
- 3-4 Repeat meas 1-2 with opposite footwork;  
5-8 Repeat meas 1-4.

## Pattern Travelling (Syncopated)

- 1 Facing slightly R of center, Hop on L ft and raise R ft and knee up in front (ct 1); Step R ft quickly fwd (ct & or 2<sup>nd</sup> beat of 3ct); Hop/lift on Rft and raise Lft and Knee up in front (ct 2); Step L ft fwd (ct 3); turning to face center, Step R ft to R side (ct 4); Step L ft quickly behind R ft (ct & or 2<sup>nd</sup> beat of 3ct); Step R ft across And in front of L ft (ct 5);
  - 2 Lift on R ft and bring L ft knee up and in front and hold a momentary pose (ct 1); Lower onto R ft and slowly bring L ft around and in back of R knee (cts 2-3); Raise up on R ft with L ft behind R knee or calf and L knee turned out (ct 4); Lower on R ft (ct 5);
- 3-4 Repeat meas 1-2 with opposite footwork  
5-8 Repeat meas 1-4

Sequence:

Wait 4 measures of music

Do Basic two times

Flute:

Do Basic with Turn two times

Do Basic with Touch two times

Chorus:

Do Basic two times

Do Basic with Kerplunk two times

Flute:

Do Pattern in Place two times

Chorus:

Do Basic two times

Do Basic with Kerplunk two times

Flute:

Do Pattern in Place two times

Chorus:

Do Basic two times

Do Basic with Kerplunk two times

Flute:

Do Pattern Travelling two times

Chorus:

Do Basic two times

Do Basic with Kerplunk two times

Flute:

Do Pattern Travelling two times

Do Basic two times

Do Basic with Turn

Do Basic with Turn and Touches two times

Do Basic with Single Touch to end.

Presented by Stephen Kotansky