

Valle e Isuf Arapi (northern Albania)

Isuf is a name. Arapi (Arapit) is a national park in the northern part of Albania. Mea learned the dance from Bardhi Pojani from Korce at the Agios Germanos Balkan dance seminar in Albania.

Translation: Isuf's Dance
Music source: YouTube "Shkelzen Doli - Isuf Arapi"
Meter: 3/4
Formation: Hands joined in W-hold at shoulder level in an open circle facing centre
Movement is generally along the line of direction unless otherwise noted
Introduction: 8 measures

Measure	Count	Description
1	1	Step on L diagonally to L
	2	Swing R in front of L with straight knee
	3	Hold
2	1	Place R to R with upward body motion
	2	Put wt on R, while sinking down
	3	Step L to R in front of R
3	1	Step R to R starting smooth grapevine (not up/down)
	2	Step L to R in front of R
	3	Step R to R
4	1	Step L to R behind R
	2	Step R to R
	3	Step L to R in front of R
5	1	Step R to R
	2	Slide L along floor and up behind R
	3	Hold
6	1	Step to centre on L
	2	Lift R behind L calf, turning L hip slightly twds ctr and bending L knee
	3	Step back on R

Repeat dance from beginning

Notes, J Hull, based on presentation by Mea Nordenfelt, April 28, 2019